Lumen
AT SOUTH POINTE
BRAND NEW LUXURY TOWNHOME RENTALS
from $1395/month
MANAGED BY IMPERIAL PROPERTIES.
LumenWinnipeg.com
(204) 942-8000

IMMEDIATE AVAILABILITY!
206 - 100 Southview Crescent

Winnipeg metro
50 CENT WORTH ABOUT 50 CENTS
metroLIFE
Your essential daily news | TUESDAY, JULY 14, 2015
High 25°C/Low 17°C Sun and cloud

Emergency crews, including the hazardous material unit, were called to an apartment block at 595 River Ave. around 9:30 a.m. Monday after improperly mixed pool chemicals caused off-gassing in a boiler room. No one was injured. SHANE GIBSON/METRO

Search still on for missing grandmother

MYSTERY

Police hoping surveillance video will help focus hunt

Shane Gibson
Metro | Winnipeg

For the third day in a row, friends and family of Thelma Krull spent Monday searching for the grandmother, who vanished after leaving for a walk Saturday.

The 57-year-old was last seen heading south on Filbert Crescent in Harbourview South around 7:23 a.m. Her family tells Metro she'd been walking long distances to get ready for a charity hiking event in B.C. in September.

Krull's daughter, Lisa Besser, said it wasn't unusual for her mother to be gone for as long as two hours on her walks, but family became concerned when she didn't return in time for her grandson's birthday party Saturday afternoon.

Thelma Krull CONTRIBUTED

"We're all trying to hold onto what she instilled into us about not worrying and thinking positively," said Besser. "But it's kind of hard because we're past the two-day mark and we have no leads."

Family thinks Krull may headed toward Kildonan Place Mall south on Peguis Street, or within the hiking trails east of Peguis Street and south of Transcona Boulevard. She also may have gone west on Concordia Avenue in the Valley Gardens area.

Distribution Technician Certificate
Gain the essential skills to pursue a career in the warehousing sector.
Start in January 2016; be career-ready in 15 weeks.
For more information:
204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/dtn
Red River College | School of Continuing Education

metro NEWS
Your essential daily news

Uber launches car-pool app for Pan Am Games. Canada

IN BRIEF

Pluto set to orbit at the planetarium

The first ever close-up pictures of the planet Pluto are about to be beamed back to Earth, and the planetarium is ready to show those pictures off.

The New Horizons spacecraft was launched in 2006, and travelling at 50,000 kilometres per hour, was expected to do a fly-by of Pluto Monday night.

"It is the fastest space craft we've ever made and it still took nine years to get there," said Scott Young, manager of science communication and visitor experiences at the Manitoba Museum and Planetarium.

The ship travelled 4.5 billion kilometres to get to Pluto, and Young said what is seen will help scientists better understand the entire solar system.

The pictures it takes of Pluto won't get back to Earth until Wednesday, and the planetarium plans to put them to good use.

"We will have those images put into our planetarium shows, and they will become the feature of this month's shows," said Young.

A poster with a scale model of Pluto will also go up at the planetarium.

Young said he has noticed a lot of people have an interest in Pluto that he can't fully explain.

"People just think it's a cool planet, so now people are really excited," said Young. DAVE BAXTER/METRO

Competitive game for hoopsters in works

BASKETBALL

League would give adults chance to get back on court

Dave Baxter
Metro | Winnipeg

A new basketball league planned for Winnipeg would give adult ball players the chance to keep playing the game they love at a high level once they've left high school.

The new Mid West Basketball League is looking to form multiple teams all based in Winnipeg, and allow players 18 and over who have not been invited to play university or college ball to keep playing competitively.

"If they don't make university, there is really nothing to strive for, so guys often just give up," said Kevin Robinson, one of the organizers of the new league.

"So we need to give these players an opportunity to develop their growth, because we know some develop a bit late, and we need to encourage them so they keep getting looks."

There will be no age cap on the league.

"Guys that maybe already played university ball could come in, and they could be there as mentors to show the young guys the etiquette around playing the game," said Robinson.

The league, which is sanctioned by Basketball Manitoba, is still in the very early stages and Robinson said the focus at this point is on recruiting players.

The league also plans to work with high-school players to groom them to make the league once they graduate.

Registration for an exposure camp runs from now until July 24, with the camp happening on Aug. 21.

The league will conduct a draft in September to fill spots on what they hope will be eight Winnipeg-based teams.

Teenage basketball players Colton Van Vlack, Lamont Everd, Lamar Everd, Zion Notice and Didi Deng are already being groomed to one day play in the Mid West Basketball League.
DAVE BAXTER/METRO

GET IN TOUCH

For more information on the league or to sign up for the upcoming camp, go to basketballmanitoba.ca, or email info@manitobadrive.com.

CHARITY

Harvest's heroes

Winnipeg Harvest says they are thrilled by the amount of work a pair of local filmmakers and a group of volunteer caped crusaders put into an online video encouraging donations.

The just-over-10-minute video called Heroes of Harvest is the brainchild of Taryn Brenner and Chris MacDonald, who run Winnipeg-based Abraxas Studio.

It's highly stylized and features well-known superheroes — everyone from Batman and Spider-Man to RoboCop and a Power Ranger — banding together to collect non-perishable food for Harvest. Even villains like the Joker lend a helping hand.

It took about a year to complete with help from the city's cosplay community (there's also a cameo from Mayor Brian Bowman). But Harvest had no idea.

"It was a huge surprise," said spokeswoman Chris Albi, who told Metro the video's release couldn't have come at a better time. "Donations go down a little bit in summer … but hunger doesn't take time off and the people that struggle, struggle all year long."

Brenner and MacDonald came up with the idea after working on videos for Harvest and seeing all the organization's work, and both said they were amazed by how easy it was to recruit actors and volunteers.

"Chris and I are so grateful to everyone who donated their time to this project and also kept our big secret," said Brenner. SHANE GIBSON/METRO

FILIPINO FEST A QUEEN IS CROWNED Danica Cuaderno, centre, was crowned as the 2015 Queen of the Manitoba Filipino Street Festival Sunday during the Search for the Festival Queen pageant. Jenica Reyes, left, and Marydelle Soliman were selected as the 1st and 2nd Princesses respectively. The Filipino Street Festival and Parade runs Aug. 22. RON CANTIVEROS/FOR METRO

IN BRIEF

City bus driver charged in woman's death

Police have charged a city bus driver in connection to the death of an elderly woman who was hit by a transit bus earlier this year.

The 72-year-old victim had been waiting to cross Keewatin Street at Burrows Avenue on April 7 when, police say, a bus heading east on Burrows hit her while turning southbound, causing her to fall under the bus.

The male driver was arrested late last week and is charged with dangerous operation of a motor vehicle causing death. METRO

INFRASTRUCTURE HOLE SINKS NORTH END INTERSECTION
A giant sinkhole appeared in Winnipeg Monday morning and reportedly took a car and a city barricade down with it. Crews were at the site at the corner of Sutherland Avenue and Charles Street Monday afternoon. DAVE BAXTER/METRO

Coun. Ross Eadie spoke about the city's proposed active transportation plan at the corner of Main Street and Sutherland Avenue on Monday. DAVE BAXTER/METRO

Councillor opposes transportation plan

CYCLING

Council to vote on the 20-year strategy on Wednesday

Dave Baxter
Metro | Winnipeg

Coun. Ross Eadie took his fight against the city's proposed pedestrian cycling strategy to the streets of his ward Monday.

Eadie, councillor for Mynarski, stood at the corner of Sutherland Avenue and Main Street and said the 20-year, $330 million strategy that looks to get more people walking and cycling in Winnipeg is flawed, and needs to be amended before moving forward.

"The problem is once it is policy there is a lot of procedure involved in order to change things," said Eadie.

"If we could just fix this before it gets to council and becomes policy we could fix the flaws."

Eadie chose the intersection because a proposed greenway in the document that runs down Sutherland is just one of many bad ideas in the plan, he said.

"I don't understand why we're putting in these things that make no sense. It makes no sense to even start a consultation on it."

> **We need to protect the vulnerable road users in our city.**
> Laura Donatelli, Bike Winnipeg volunteer

Eadie claimed he is in favour of cycling infrastructure, but thinks the strategy is moving ahead too quickly.

"It's a 20-year plan, so why not send it back for two months, consult with the councillors, update as needed and we'll pass it in September or October?"

Council will vote on the plan Wednesday, but Eadie said he will bring about 20 motions to amend the plan to a Lord Selkirk-West Kildonan community meeting on Tuesday.

Cyclist and Bike Winnipeg volunteer Laura Donatelli confronted Eadie on Monday, saying while she thinks the plan is not perfect, it still needs to move forward.

"We need to protect the vulnerable road users in our city," said Donatelli. "I'm a person who walks, drives and cycles and I think it's terrible this city is so far behind other cities."

CRIME

Contraband cigarettes confiscated

More than 250,000 contraband cigarettes were seized in Manitoba in early July. Falcon Lake RCMP and Manitoba Finance investigators stopped a truck hauling a camper trailer on the Trans-Canada Highway east of Winnipeg on July 1.

The vehicle and trailer were impounded in Winnipeg, and investigators found 1,000 cartons of contraband cigarettes, for a total of 200,200 cigarettes.

A man now faces charges including possession of non-Manitoba marked tobacco and willful evasion of paying Manitoba tobacco tax.

If convicted, he faces between $1,000 and $10,000 in fines and up to six months in prison, plus a mandatory tax penalty of $177,177.

The investigation continues and the province said there could be further charges

Then on July 2, two men were seen in Winnipeg transferring boxes clearly identifiable as contraband cigarettes from one vehicle to another.

Investigators approached the men and seized 250 cartons for a total of 50,000 contraband cigarettes.

Two men now face charges for the July 2 incident, and if convicted, each face fines of between $1,000 and $10,000 and up to six months imprisonment, and a mandatory tax penalty of $44,250.

DAVE BAXTER/METRO

TRANSIT TUESDAY
Weekly Transit News Update

WINNIPEG TRANSIT IS HIRING!
Bus operator applications are being accepted. Don't miss your opportunity to join the team of professional bus operators at Winnipeg Transit. If you're looking for a long-term career opportunity that offers above average pay and superior benefits, then visit winnipegtransit.com for more information. A fully paid, six-week training program is provided to successful candidates. For more information, visit winnipegtransit.com.

GOING TO THE BOMBER GAME?
Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when heading to the game. After the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge Street and via Kenaston Boulevard) and 160 will be lined up on Chancellor Matheson Road heading west towards Pembina Highway. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are eight Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. NOTE: Route 3, St. Vital Park & Ride is now located at Centre Scolair Leo-Remillard, 1095 St. Anne's Rd. Visit bluebombers.com for more Park & Ride information.

MILLENNIUM LIBRARY SERVICE CENTRE
Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue and Donald Street) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?
Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square (360 Main St.).

When wedding guests act like the paparazzi

TRENDS

Photographers and brides ask for 'unplugged' ceremonies

Here comes the bride — and out come the smartphones.

Wedding guests are often keen to capture all the special moments during a couple's big day. But the flashing glare from cameras, phones and even tablets can prove disruptive during the ceremony — so much so that some couples are asking their guests to power off their devices.

Photographer Lainie Hanlon recalled asking a camera-toting guest who obstructed her view to take a seat — and she refused.

"She apparently takes photos on the side as a part-time hobby and I was a very bitter photographer after that because she basically ruined every single ceremony photo that I had," recalled Hanlon, owner of Lainie Hird Photography in Ingersoll, Ont.

Hanlon said gadget use during ceremonies has increased in recent years, with guests not only taking smartphone photos but videotaping the entire ceremony.

She broaches the subject of "unplugged" ceremonies as an option for clients tying the knot.

"I give them an example: If I'm standing at the altar with the groom and I'm looking down, all I see are cellphones, is that something that you're going to want to see in your photo? Ninety-five per cent of them now say: 'Yeah, you're right, this isn't something that we want.' ... You can't redo a ceremony."

A sign from an unplugged wedding photographed by Lainie Hird Photography.
HANDOUT/THE CANADIAN PRESS

Stephanie Fusco recalled attending a wedding where a woman was jostling for position with the photographer during key moments of the ceremony. She knew she didn't want to face a similar issue for her own recent nuptials. Both families and Fusco's close friends were aware of her concerns. She also expressed her wishes and reasons behind an unplugged ceremony in a post on her lifestyle and beauty blog, Leopard is a Neutral.

Guests wound up taking photos anyway during the ceremony held at a Toronto church. But rather than being upset, Fusco said she was "really grateful" for the additional images.

"I think what I was most concerned about ... was just being distracted by people and people having a bad experience because of people trying to get photos," said Fusco, 26.

"I think we've all been that guest at a wedding or at an event where you feel like you're watching the whole thing through somebody else's smartphone. And on the day of, I honestly didn't notice."

Tracey Manailescu, co-founder of The Wedding Planners Institute of Canada, said couples can inform guests that they've opted for an unplugged ceremony.

"Put a note on the program about it as well (stating): 'We would really like you to be in the moment with us and seeing our exchange of love. Please put the cameras away at this time and we promise a lot of photos together afterward,"' said Manailescu.

Ottawa-based officiants Keith and Lynne Langille have started encouraging couples to opt for unplugged ceremonies, which Keith said now account for about 90 per cent of their weddings.

Langille said he announces the plans to guests just before the event gets underway, but he does allow them to capture a few quick snaps. "We give them 20 seconds at the beginning of the ceremony to go nuts with their cameras, to act like the paparazzi.... And then they sit down, they relax and they enjoy what is an awesome ceremony."
THE CANADIAN PRESS

TORONTO

Uber hops on HOV lane

Uber seized on the near-empty high-occupancy vehicle (HOV) lanes to launch its car-pooling service in Toronto Monday, which will run until the end of the Pan Am Games.

Armed with a huge victory from the courts, where a judge denied the City of Toronto's request to shut down all of Uber's operations, Uber Canada is pushing ahead with UberPool, which already operates in five cities including New York and San Francisco.

It means UberX drivers, who use their own cars to drive passengers around, can now pick up two different ride requests heading on a similar route.

Company officials are promising savings of 20 to 50 per cent, depending on how long the ride is shared. The smartphone app will only match rides if there are significant savings to be had.

The San Francisco-based company is billing UberPool as a way to keep Toronto moving during the Games. Traffic in the city has been dense since HOV lanes closed off highway lanes to accredited vehicles and those carrying three or more people.

"We have been looking at Toronto as an option for UberPool for quite some time," said Uber Canada general manager Ian Black in a telephone interview.

"Timing it to the Pan Am Games, and supporting the city when it's so clogged up for the Pan Am Games — I think there is great potential for the city," he added.

The company plans to run UberPool during the Games as part of a trial, and will then assess the results afterward to see how UberPool could work in the future.
TORSTAR NEWS SERVICE

TRIAL

Court hears terror plot actor was motivated by addiction

A psychologist has described a man convicted of terrorism in a plot to derail a passenger train as a desperate drug addict who conned people to get high but wouldn't even kill a spider.

Dr. Jess Ghannam told a Toronto court Monday that Raed Jaser did not have consistent radical Islamic ideology, but adopted a persona as a pious Muslim to trick members of that community.

Ghannam concluded that Jaser had no intention to hurt anyone and was motivated by his drug addiction and wanting to take care of his family. He told the sentencing hearing that Jaser "would do anything to stay high."

Jaser and his co-accused, Chiheb Esseghaier, were found guilty in March of a terror-related conspiracy to commit murder, which carries a sentence of up to life in prison. The jury also found the men guilty of a total of six other terror-related charges.

Ghannam — a psychologist who has testified in terrorism cases — said he conducted interviews with Jaser's family as part of a psychiatric assessment. He described him as a man who was "broken psychologically," addicted to drugs, but had a family and a love of cats.

Court heard the 37-year-old was doing drugs heavily in high school, where he developed a $2,000-a-week habit by 1998. Ghannam said Jaser was drunk and high almost every day.

Jaser's lawyer argued his client was only faking interest in a terror plot as part of an elaborate con to extract money.
THE CANADIAN PRESS

SASKATCHEWAN

Officials warn fire evacuees against heading back home

Emergency officials are warning thousands of fire evacuees from northern Saskatchewan not to go home until it's safe.

Some residents have been allowed to return to a handful of communities and wildfires across the province have become "a bit more normalized," Duane McKay with emergency management said Monday.

But that progress doesn't mean all danger has passed, he said.

"Until wildfire management actually issues an all-clear for people to return, we respectfully request that people restrict on themselves travel in those areas."

Flames and thick smoke have forced about 13,000 people out of their homes in at least 50 communities over the last two weeks. Fires have destroyed 81 houses and cabins.

Nearly 1,500 firefighters are in the region, including Edmonton military personnel and crews from other provinces and the U.S. About 90 northern residents also started fire training Monday so they can join the effort.

McKay said he understands that evacuees want to know how much longer they'll be out of their homes. Officials are reviewing which communities are no longer under threat and have utility services and road access. Evacuation orders may be lifted after meeting with municipal leaders.
THE CANADIAN PRESS

Federal government writes off billions as uncollectible

CRA

Debt totals at least $4 billion, records show

The federal revenue agency has written off at least $4 billion in debts in the last two years — including accounts worth more than $10 million, newly released records show.

Debts were declared uncollectible because those owing had died, gone bankrupt, could not be located or lived outside Canada, according to Canada Revenue Agency records obtained under the Access to Information Act.

In other cases, officials considered it not worth the expense to track down the money owing, or they reached a compromise settlement with the debtor.

The revenue agency says it makes every effort to collect all tax debts from those who do not pay voluntarily.

Murray Rankin, the NDP's deputy revenue critic, questioned whether the government is doing enough to collect the substantial sums owed to the federal treasury.

A T1 General 2010 tax form is pictured. The federal revenue agency has written off billions in debts in the last two years.
CHRIS YOUNG/THE CANADIAN PRESS

The outstanding balance in undisputed, unpaid taxes was $29 billion as of March 31, 2012, the federal auditor general reported in a 2013 examination of the issue.

According to the latest federal public accounts, the Canada Revenue Agency wrote off $3.4 billion in debts in 2013-14, representing the lion's share of $3.7 billion in total federal write-offs.

The newly disclosed revenue agency records do not align neatly with fiscal years, but span the period from Jan. 12, 2013, through Oct. 10, 2014, when just over $4 billion was written off.

Names and other identifying information have been stripped from the records for privacy reasons.

THE CANADIAN PRESS

> **They are not going after international tax debt the way they should be.**
> Murray Rankin, NDP deputy revenue critic

MIDDLE EAST

Canadian who fought ISIL back in Israel

A Canadian-born woman, who served in the Israeli military and later joined a Kurdish militia fighting the Islamic State of Iraq and the Levant (ISIL), has returned to Israel.

Gill Rosenberg told Israel's Army Radio on Monday that after eight months of fighting in Syria, it was time to come home.

She said her Jewish values compelled her to "do the right thing not just by our own people, but by any human being."

Rosenberg served in the Israeli military and was previously a pilot in Canada.

She spent time in an American prison for her part in a phone scam before joining the Kurdish militia last year.

She was among the first female volunteers to fight in the Syrian civil war. Later, there were false reports she had been captured by ISIL.

Rosenberg is from White Rock, B.C., and went to high school in Vancouver.

THE ASSOCIATED PRESS

IN BRIEF

Bar staff passes it forward

Staff at an Edmonton bar have no doubt added to their good karma by re-gifting a hefty tip from a satisfied customer.

Servers at Hudsons were given $1,000 last Thursday night by someone who said he had enjoyed the service.

Celeste Bouchard, who was working that night, said the man asked to use the debit machine and typed in the numbers himself.

Bouchard said she and her co-workers just didn't feel right when they were dividing up the money later that night.

They took the cash to Edmonton's Stollery Children's Hospital the next day. THE CANADIAN PRESS

THE UNIVERSITY OF WINNIPEG | Professional, Applied and Continuing Education

INVEST — IN YOUR — FUTURE

YOU'RE WORTH IT.

Full-time, year-long program:
Project Management Diploma

Learn the tools you need to be a successful project manager.

Starts in September -
Now accepting applications

More information
204-982-6633
pace.uwinnipeg.ca

FULL-TIME DAY PROGRAMS

GRADUATE - CECILIA BAKER
Coordinator, Agreements Management & Aboriginal Consultation Branch
Aboriginal & Northern Affairs, Government of Manitoba

PACE.UWINNIPEG.CA

IN BRIEF

What's next for Greece?
Greece's bailout deal isn't a deal — yet.

It becomes one only if Greece meets tough conditions, like quickly passing a slew of far-reaching economic reforms, cuts and privatizations.

After the Greek government dismayed creditors by repealing some economic measures and dragging its feet in negotiations, key lender states led by Germany took a hard line: reforms first. Money afterward. Whether the deal will then steer the Greek economy back to health and help it lower its debt remains uncertain.

"Doubts and concerns in our view outweigh optimism and euphoria," wrote Carsten Brzeski, chief economist at ING-DiBa in Frankfurt. Under the deal struck with creditors during an all-night meeting in Brussels, the Greek parliament must approve by Wednesday key reforms. They include VAT tax increases and pension cuts, and safeguarding the full independence of Greece's statistics service, which at the start of the crisis in 2009 was found to have woefully misstated the country's finances for years.

More reforms have to be passed by July 20, including a new civil code that should streamline legal proceedings and lower business costs. Will that help Greek banks reopen? That's the intent.

Greece's banks have been closed since the European Central Bank refused two weeks ago to allow them to draw more emergency credit. Once the legislation passes and Greece gets closer to financial rescue, the ECB may decide to permit more credit. THE ASSOCIATED PRESS

An anti-austerity protester during a rally at the Greek Parliament in Athens, Monday. EMILIO MORENATTI/THE ASSOCIATED PRESS

Greece, eurozone in preliminary accord

ECONOMIC CRISIS

Nation avoids financial collapse and exit from euro

After gruelling, often angry negotiations that tested the limits of European unity, Greece on Monday won a preliminary deal that averts financial catastrophe but also guarantees years more of hardship and sacrifice for its people.

Prime Minister Alexis Tsipras flew home to sell the plan to skeptical lawmakers and political allies, some of whom accused him of putting Greece at the mercy of its foreign creditors.

To close the deal with its partners in the euro currency, Greece had to consent to a raft of austerity measures, including sales tax hikes and reforms to pensions and the labour market. Enough of Greece's 18 eurozone partners were openly suspicious of its sincerity that they demanded, and got, Tsipras's commitment to accept close international oversight.

For the Greek leader and his radical left-wing government, which since election in January had vowed to stand up to the creditors, the payoff of the marathon negotiations in Brussels was clear: about 85 billion euros ($95.07 billion) in loans and financial support over three years, preserving Greek membership in the euro, and helping their country stave off financial collapse.

> **We managed to avoid the most extreme measures.**
> Alexis Tsipras

"We managed to avoid the most extreme measures," Tsipras said after the summit.

Tsipras said he successfully got creditors to drop a demand that Greek assets be transferred abroad as a form of collateral, and that the deal reached was less harsh than proposals from creditors his country's voters rejected a week ago.

But in many cases, ordinary Greeks now face tougher measures than those they voted down in a nationwide referendum. Syriza's Left Platform, a group of traditionalists in Tsipras's own party, swiftly denounced the agreement he had reached with fellow eurozone leaders as the "worst deal possible." THE ASSOCIATED PRESS

MIDDLE EAST

Israeli prime minister opens new Twitter account, in Farsi

Israel's prime minister opened a Twitter account in Farsi on Monday, seeking to reach out to the Iranian public as world powers were getting closer to a nuclear deal with the Islamic Republic.

Benjamin Netanyahu strongly opposes the emerging deal, and he used his inaugural tweet to criticize it and what he described as Iranian hypocrisy.

His first tweet included an image of Iranian President Hassan Rouhani and said Supreme Leader Ayatollah Ali Khamenei "has said Iran should fight the U.S. regardless of the agreement, while Rouhani leads demonstrations expressing hatred."

Netanyahu's office said the Farsi account will publish content similar to his English and Hebrew accounts to engage the Iranian people directly. Netanyahu has a popular following on Twitter and often tweets videos and photos with messages critical of the Iranian government and nuclear negotiations.

Meir Javedanfar, an Iranian-born Israeli analyst, said Netanyahu's aggressive rhetoric could backfire with his Iranian audience.

"I'm worried ... Netanyahu is going to cause more damage if he continues with the same messages," he said.

The account quickly gained more than 600 followers, with many users mocking him and saying there was a grammatical mistake. THE ASSOCIATED PRESS

U.S.

Obama cuts dozens of prison sentences

U.S. president Barack Obama cut the prison sentences of 46 non-violent offenders on Monday, including 14 who were serving life sentences, saying "their punishments didn't fit the crime."

"These men and women were not hardened criminals," Obama said in a video released by the White House. He said the overwhelming majority had been sentenced to at least 20 years.

The move was part of a broader effort by the administration to make the U.S. criminal justice system fairer. Obama has now issued nearly 90 commutations during his presidency, most of them to non-violent offenders sentenced for drug crimes under outdated sentencing guidelines. A commutation leaves the conviction in place, but ends the punishment.

Obama wrote a personal letter to each of the 46 individuals to notify them of their commutation. THE ASSOCIATED PRESS

MEXICO

U.S. knew kingpin's plans

U.S. drug authorities knew Mexican drug kingpin Joaquin (El Chapo) Guzman and his associates had developed several escape plans starting almost immediately after his arrest last year, according to internal Drug Enforcement Administration documents.

The internal DEA documents reveal that drug agents first got information on escape plans in March 2014, about a month after Guzman was captured in the Mexican seaside resort town of Mazatlan. Various Guzman family members and drug-world associates were considering "potential operations to free Guzman," the documents show.

That Guzman began plotting to break out shortly after his arrest should have come as little surprise to Mexican authorities: the DEA had alerted them about the plans. Mexican federal government officials did not immediately respond to requests for comment about the earlier escape schemes.

Since the 1990s his violent and powerful cartel has been known for digging sophisticated smuggling tunnels under the U.S. border with Mexico. Guzman was first arrested in 1993 but escaped from one of Mexico's top-security prisons, in Jalisco, in January 2001, allegedly by hiding in a laundry basket. He evaded capture in early February 2014 through an elaborate network of tunnels that connected multiple safe houses in Culiacan, in his home state of Sinaloa, and was arrested again a month later.

"There's some irony that the master of tunnels does it through a tunnel," said Jim Dinkins, the former head of Immigration and Customs Enforcement's Homeland Security Investigations Unit. "It's really ingenious."

Dinkins said the sophisticated tunnel described by Mexican authorities would usually take about a year and half to two years to complete, suggesting it was started almost immediately after Guzman's arrest.

"What probably worked well for them was all the construction around the facility," Dinkins said. "It's the removal of dirt and debris that can cause attention." THE ASSOCIATED PRESS

> **There's some irony that the master of tunnels does it through a tunnel.**
> Former Homeland Security executive Jim Dinkins

‘Communist crucifix’ OK’d

BOLIVIA

President surprised pontiff with unusual gift

Pope Francis says he wasn’t offended by the “Communist crucifix” given to him by Bolivian President Evo Morales during his South American pilgrimage.

Morales surprised the pontiff with the unusual gift, a crucifix attached to a hammer and sickle, when Francis arrived in La Paz on Wednesday.

The crucifix was a replica of one designed by a Jesuit priest, the Rev. Luis Espinal, who was tortured and killed by Bolivian paramilitary squads in 1980. Francis prayed at the site of Espinal’s assassination upon his arrival in Bolivia.

The modified crucifix immediately raised eyebrows, with some questioning whether Morales, whose socialist and anti-church rhetoric is well-known, was trying to score a questionable political point with a questionable, and possibly sacrilegious, melding of faith and ideology.

Francis, an Argentine Jesuit, said Espinal was well-known among his fellow Jesuits as a proponent of the Marxist strain of liberation theology. The Vatican opposed it, fearing that Marxists were using liberation theology’s “preferential option for the poor” as a call for armed revolution against oppressive right-wing regimes that were in power in much of Latin America in the 1970s and 1980s.

During a news conference en route home to Rome on Sunday, Francis said he interpreted Morales’ gift through the prism of Espinal’s Marxist bent and viewed it as protest art.

Francis added that he brought the crucifix home with him.

THE ASSOCIATED PRESS

> **I understand this work. For me it wasn’t an offence.**
>
> Pope Francis

AIR AMBULANCE PRINCE STARTS NEW GIG Britain’s Prince William, the Duke of Cambridge, begins his new role at Cambridge Airport in England. The second-in-line to Britain’s throne clocked in Monday for his first shift for East Anglian Air Ambulance and checked over his H145 helicopter, together with his crewmates. THE ASSOCIATED PRESS

REFUGEES

‘Stingy’ world must aid Syria’s displaced: Malala

Rich countries should spend less on weapons in the Syrian civil war and more on education, Nobel Peace Prize laureate Malala Yousafzai said Monday, calling world leaders “quite stingy” as she toured a camp for the conflict’s refugees.

Malala, a champion for girls’ education rights, was joined in Azraq camp by Mezon al-Melihan, a 17-year-old refugee who has been urging girls to stay in school. Malala and Mezon, an Azraq resident, walked hand-in-hand through the camp, made up of rows of white, prefabricated shelters that serve as home to close to 20,000 refugees. The teens spoke to school girls, played on a swing set and kicked around a soccer ball.

Since the 2011 outbreak of Syria’s conflict, more than four million Syrians have fled their country, most settling in neighbouring countries such as Jordan. Aid agencies asked for $4.5 billion for 2015 to help refugees, but have been forced to slash support programs because of large funding gaps.

> **We are here to ask world leaders to treat the rest of the world’s children as their own children.**
>
> Malala Yousafzai

Malala, who rose to fame after being shot by the Taliban in her native Pakistan in 2012 for insisting on her right to education, said the world must do more to help the refugees.

“There are rich countries in this world, there are world leaders who can afford spending money on weapons, who can afford spending money on the war that is going on in Syria,” she said in a speech at the Azraq community centre. She said these countries and leaders have been “quite stingy” when it comes to spending on education and that shifting resources to schools is “the only way we can achieve success.”

THE ASSOCIATED PRESS

SCANDAL

Bill Cosby accusers join call for release of 2005 deposition

Two of Bill Cosby’s accusers joined a court bid Monday to have his full testimony from a 2005 sexual-battery lawsuit unsealed.

Beth Ferrier and Rebecca Neal say the deposition excerpts released last week mention them but don’t paint the whole picture.

Lawyer Gloria Allred, speaking on their behalf at a news conference in Los Angeles, says they want to challenge defence comments that Cosby’s accusers have been “discredited.”

The women’s lawyers filed the papers in Philadelphia, where they were “Jane Does” supporting a former Temple University employee who said Cosby had drugged and molested her.

The newly released excerpts show Cosby acknowledging he got Quaaludes in the 1970s to give women before they had sex.

More than two dozen women have accused Cosby of sexual misconduct in the past four decades, and many alleged that he drugged and raped them. The 77-year-old comedian, who has never been charged with a crime, has denied some accusations while declining to comment or respond to the others.

A phone message left for Cosby’s attorneys in Philadelphia was not immediately returned.

Rebecca Neal, left, and Beth Ferrier, two of Bill Cosby’s accusers who testified against him in a sex assault suit, have joined the call to have Cosby’s full testimony from the 2005 sexual-battery lawsuit unsealed. THE ASSOCIATED PRESS

Ferrier noted that excerpts released by a judge in Pennsylvania last week referenced her case but include Cosby’s denials of her claims. She said it’s important that his entire testimony be made public to challenge comments that Cosby’s accusers have been discredited.

Ferrier said she believes Cosby slipped a drug into her coffee when she visited with him in Denver.

“In the recently released excerpts of his deposition, Bill Cosby admits that he was with me in Denver and that he, quote, ‘probably had sex with me,’” Ferrier said at the news conference Monday.

“It is important for the world to know the truth about how Bill Cosby hunted me like a predator,” she said. “My refusal of his constant advances fuelled his desire and eventual drugging-rape ritual.”

Ferrier’s lawyer, Joyce L. Collier, said in the motion that “Cosby has made multiple public statements claiming that women who have accused him of sexual assault have been ‘discredited.’”

THE ASSOCIATED PRESS

You can borrow a book,
but you get to keep the ideas.
NATIONAL READING CAMPAIGN
Reading’s goodness is contagious. Help us spread it around some more at nationalreadingcampaign.ca
TD
metro
TORONTO STAR
thestar.com
Strong Supporters of Literacy

Free delivery war heats up

ONLINE SHOPPING

Walmart lowers no-cost shipping mark ahead of Amazon sale

The online price fight — as well as the bickering — is picking up between Walmart and Amazon.com, and it's not even the holiday shopping season.

About a week after online king Amazon.com announced a sales bonanza for Prime members set for Wednesday that it touts as bigger than Black Friday, Wal-Mart Stores Inc. made a counter attack: it has lowered the threshold on free shipping for online purchases to $35 from $50 for at least 30 days and on Wednesday, it will offer discounts on thousands of items online.

Amazon's highly promoted sale, which it calls "Prime Day," is to commemorate its 20th anniversary this week and the sale is aimed at its Prime members, who pay a $99 annual fee for free shipping.

"We've heard some retailers are charging $100 to get access to a sale," Fernando Madeira, president and CEO of Walmart.com, wrote in a blog post. "But the idea of asking customers to pay extra in order to save money just doesn't add up for us."

Amazon.com took the opportunity to fight back.

"We've heard some retailers are charging higher prices for items in their physical stores than they do for the same items online," said Greg Greeley, vice-president of Amazon Prime in a statement released a few hours after Wal-Mart's blog post. "The idea of charging your in-store customers more than your online customers doesn't add up for us, but it's a good reminder that you're usually better off shopping online."

> **We've heard some retailers are charging $100 to get access to a sale.**
> Fernando Madeira, Walmart CEO and president

Wal-Mart Stores Inc. said on Monday that the company is lowering its free shipping minimum order to $35 from $50 until further notice. On Wednesday, the company will also be offering discounts on thousands of items. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

> **We've heard some retailers are charging higher prices for items in their physical stores than they do for the same items online.**
> Greg Greeley, vice-president of Amazon Prime

He pointed out that non-members can still partake in the deals by signing up for a 30-day free trial of Prime.

The moves show how Amazon is hoping to drive more customers to its Prime membership ahead of the key shopping periods, back-to-school shopping season and the crucial holiday shopping period.

Ravi Jariwala, a Wal-Mart spokesman, noted, "If you've shopped at Walmart.com, you'll know that every day is a special day where everyone has access to the same low prices we offer."

THE ASSOCIATED PRESS

IN BRIEF

Microsoft set to launch Windows 10 system

Microsoft Corp. announced it will launch the Windows 10 operating system on July 29. The new system will let users switch seamlessly between PCs, tablets and smartphones, and is intended to give apps a similar feel on all devices. It also comes with a new Web browser integrated with Cortana, the company's answer to Apple's Siri.

Microsoft says Windows 10 will be available as a free upgrade for a limited time for anyone whose devices use Windows 8/8.1 or 7.

THE ASSOCIATED PRESS

market minute

DOLLAR 78.49¢ (-0.38¢)

TSX 14,533.22 (+122.15)

OIL $52.20 US (-$0.54)

GOLD $1,155.40 US (-$2.50)

NATURAL GAS: $2.864US (+9.4¢)
DOW JONES: 17,977.68 (+217.27)

GRAPHIC DESIGNER

We're looking for a talented **Graphic Designer** whose portfolio and experience reflects that of a strong print design background. The right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast-paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy
- Build strong collaborative relationships with internal and external clientele

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including Adobe InDesign, Photoshop, Illustrator, Acrobat/Distiller
- Proficient on Mac platform
- Ability to prep files for print production, including file stuffing and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast-paced, multi-faceted and deadline-driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc.)
- Must be a quick problem solver, who initiates projects and takes a proactive approach
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above can apply directly at:

https://starmediagroup.workable.com/j/67529515FC

Applications will be accepted until July 17th, 2015.
All submissions will be treated as confidential.

metro

CHINA

Police crack down on unlicensed firms after stock market plunge

Authorities accused securities firms of manipulating stock prices during China's market plunge and launched a crackdown Monday against unlicensed companies that financed speculative trading.

The moves appeared to be aimed at deflecting blame from the ruling Communist Party for trillions of dollars in investor losses as China's market benchmark plummeted 30 per cent over the past month.

They came as drastic official efforts over the past two weeks, including a ban on sales by executives and big shareholders, appeared to at least temporarily stop the decline that wiped out $3.8 trillion in investor wealth.

> **It remains to be seen how the market holds up.**
> Carl B. Weinberg, High Frequency Economics

Investigators have found "evidence to suspect individual trading companies are illegally manipulating securities and futures exchanges," the police ministry said late Sunday.

On Monday, the benchmark Shanghai Composite Index closed up 2.4 per cent for its third straight daily gain but still was 23 per cent below its June 12 peak.

THE ASSOCIATED PRESS

ECONOMY

Slowdown could hamper 2015 outlook for railways: Analyst

Canada's sluggish economy and lower volumes of coal, grain and energy products could undermine the lofty 2015 earnings goals for the country's two largest railways, say industry analysts.

Canadian National and Canadian Pacific are expected to temper their earnings outlook when they report results next week.

Calgary-based CP had anticipated at least 25 per cent earnings per share growth for the year, while Montreal's CN had suggested nearly 10 per cent growth.

But lower freight volumes in recent months prompted several analysts to trim their earnings forecasts for the second quarter.

CN's volumes were down 7.3 per cent in the second quarter, led by double-digit decreases for coal and grain. CP volumes decreased 5.8 per cent.

Although WTI oil prices surged about 25 per cent in the quarter, the railways are being hurt by a delayed recovery in crude volumes as heavy oil producers were forced to shut down production for about two weeks due to wildfires in northern Alberta.

Benoit Poirier of Desjardins Capital Markets says the outlook for crude-by-rail remains uncertain for both railways even though the Canadian Association of Petroleum Producers expects shipments will rise eight per cent this year to 200,000 barrels per day. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, July 14, 2015

1 Clear as day The sun's radiation messes with the DNA in our cells, causing them to divide abnormally. More cancers are found on parts of the skin that catch the most rays, and cases increase the closer you get to the equator. However, the darker skin and conservative clothing style in many sunny countries is protective. Australia, home of fair-skinned beach bums, has the highest incidence of skin cancer on Earth.

2 Toxic information Although some studies have linked common sunscreen ingredients such as oxybenzone to potential health problems, these have been small and animal-based, and the substance was often injected or inhaled at a high dose. Though online sources use alarming language about sunscreen's "chemicals," contrary to popular belief, the number of letters in a substance's name bears no relationship to its toxicity.

3 The deal with D Many people fear sunscreen deprives them of Vitamin D. But it only takes a few minutes of summer sun to get what you need. In the Canadian winter, we need to get our D from our diets.

THE BIG THING: SUN SAFETY

We all know the dangers of soaking up too much sun. But concerns about chemicals and preferences for 'natural' products have clouded many people's views on the safety and efficacy of sunscreen. It almost seems simpler to just stay inside. Thankfully, science can shine a light on how to keep your family sun safe. METRO

How we can get this city moving, by the numbers

YOUR RIDE
Colin Fast

As council prepares for its final (God willing) debate over the city's new pedestrian and cycling strategy on Wednesday, it's a good time to look at some of the key numbers surrounding this initiative:

— **$334 million.** That's the total price tag for the strategy. While it sounds like a lot, there are a few things to keep in mind. First, that's spread out over 20 years to build multi-use paths, greenways, protected bike lanes, sidewalks and pedestrian bridges all over town. And second, that funding might never actually materialize, as city council would have to approve capital funding for active transportation projects every single year based on what money is available in the budget. And while opponents say that's too much to spend on bike paths, here's another number to keep in mind ...

— **Five billion.** That's what the city's Transportation Master Plan will cost in the next 20 years. And that's not for fixing existing infrastructure — that's for new roads, bridges, underpasses and rapid transit lines. So that means walking and cycling projects only account for about 6.7 per cent of the total transportation wish list, which is a lot lower than ...

— **Nine per cent.** That's the current share of Winnipeggers who use walking or cycling as their primary form of transportation each morning, according to that very same Transportation Master Plan. So it appears the city isn't proposing to spend "too much" on active transportation, but actually not enough. The problem gets even worse when you consider this statistic ...

— **Forty-seven per cent.** That's the percentage of Winnipeggers who said in a phone survey they would cycle more often if the city built more separated bike lanes. That's right, this strategy wasn't just created by a cabal of consultants and cycling elitists on Twitter, but actual scientific polling was done to figure out whether people were interested in biking and walking more. Speaking of walking ...

— **Fifty-three per cent.** That's the share of people who said they would walk more often if the city filled in the gaps in the cycling network. And if the city actually goes ahead with this plan, maybe they could walk to one of ... 3,800 new construction and engineering jobs.

According to a University of Massachusetts study, cycling projects create 11.4 local jobs for every $1 million spent, while pedestrian projects create about 10 jobs for the same amount of money. Multiplied by $334 million, that's a lot of additional employment and economic activity. Interestingly, the same study said road projects only generate 7.8 jobs for every $1 million.

The city isn't proposing to spend 'too much' on active transportation, but not enough.

And if all that's not enough to convince councillors, then here's one last figure for them: **142 years**. That's how long it has taken for Winnipeg to finally come up with a comprehensive plan to get more people walking and biking. It's time to get this city moving.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

ROSEMARY WESTWOOD
metroview

What I learned about love at a communist wedding

You wouldn't know it was a communist wedding just by looking at it.

There was iced tea, along with plastic sunglasses and paper fans, to ward off the sun and heat. There were chairs tied with bows and centrepieces on banquet tables. A band poured a mix of Latin tunes and jazz standards over the crowd. Men wore suits and collared shirts. Women stood in platform heels and strapless dresses.

A mix of ages and races. A relaxed atmosphere, yes. Revolutionary? Not so much.

But then came the clues.

First, the officiant welcomed friends, family and comrades.

Then, he moved swiftly into a spiel on the sexist history of marriage, before promising the couple that, nevertheless, they could create a unique, equal union.

Weddings are built of stories. How a couple met, fell in love, what each of them is like. What their future holds, what their love means to each other and to the group.

And in a communist wedding, what their loves means to the revolutionary struggle.

"The ruling class of Los Angeles should be shaking in their boots," the officiant quipped. The crowd laughed. He was a very funny communist.

He quoted Karl Marx, Che Guevara, and even Jesus (the revolutionary).

The way some priests talk of God, this orator expounded on the dream of a communist future.

During her vows, the bride talked of how love blossomed when the couple went to Ferguson to protest after the non-indictment of Darren Wilson for Michael Brown's death and were arrested. The groom had himself locked up so he could be with her; he found a way to hold her hand in jail.

At a communist wedding, there are frequent references to protests, arrests and the police. Also: frequent praise for elders, now in their 60s.

I had believed communism was mostly ideological history, laid to rest after the Cold War. What could anyone find in it in now? I wondered.

The wedding had the answer. The guests behaved like a village, bound so tightly that it was hard to tell who was related by blood. They shared a bond of more than love. It's a common path.

For a Catholic at an atheist communist wedding, it felt oddly familiar to see love bound up in a belief about a life worth living. (Imagine the depth of the ceremony, say, if a nun married a priest.)

I had to hand it to the happy couple. Who gets married these days not just to change their own lives, but the world?

metro
Your essential daily news

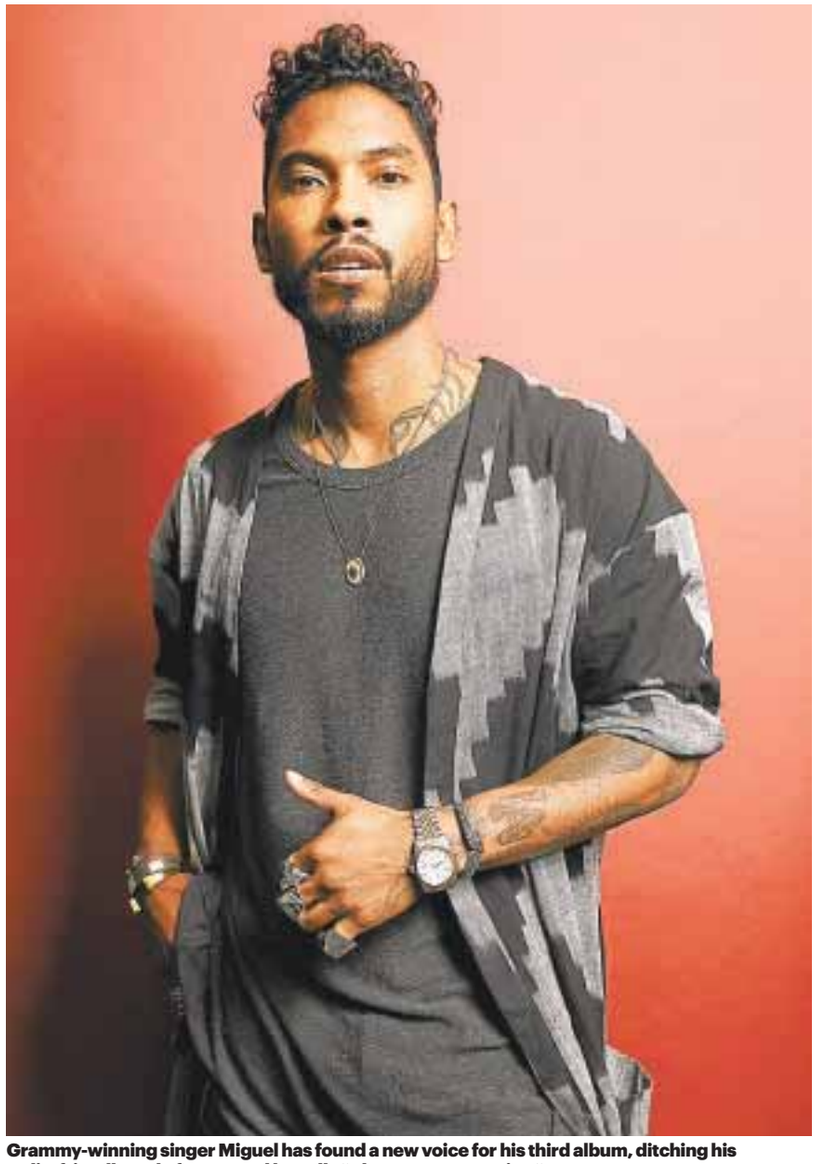
STAR MEDIA GROUP PRESIDENT
John Cruickshank
VICE PRESIDENT & EDITOR
Cathrin Bradbury
VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout
MANAGING EDITOR WINNIPEG
Elisha Dacey
ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE

Your essential daily news

Doctors urge caution with wild mushrooms to avoid risks



Grammy-winning singer Miguel has found a new voice for his third album, ditching his radio-friendly style for a sound he calls "a lot more aggressive." DAN HALLMAN/THE ASSOCIATED PRESS

New start with a Wildheart

CHANGING SOUND

R&B singer Miguel explores racial identity in new album

"Too proper for the black kids, too black for the Mexicans," Miguel sings on the song What's Normal Anyway.

The R&B star, who is black and Mexican, explores his racial identity and more on the track, which he calls "the spine" of his new album, Wildheart.

"It was a challenge for people to understand. It was always a question of, 'What are you? Where do you come from?'" the 29-year-old Los Angeleno said. "And I guess it kind of rubs off on you ... and you wonder, 'Who do I identify with more?' The opening line is kind of like the beginning — it was part of my personal journey."

The song features the refrain "I never feel like I belong," and the sound marks a departure for the singer, whose No. 1 R&B hits include Sure Thing, Lotus Flower Bomb and the Grammy-winning Adorn, which helped Miguel cross over to pop.

He says race is an issue America needs to tackle quickly, especially in the wake of Donald Trump's comments about some Mexican immigrants being rapists, criminals and drug dealers. Trump's statements led numerous businesses to cut ties with him, including Macy's, and cost the Miss USA pageant, which Trump partially owns, its telecasts on NBC and Univision.

"Hopefully we're ready as a culture to face it head-on and not put a Band-Aid on it in some ways and pacify it in some ways. It's a real pivotal time and there's a way to hopefully start affecting the way we are programmed to look at each other because it really does come down to the way people are portrayed in the media that carries on into our perceptions in real life," Miguel said.

> **"It's disgusting, it really is disgusting.**
> Miguel on Donald Trump's racist comments about Mexican immigrants

"It's disgusting, it really is disgusting," he added of Trump's comments

Wildheart, which debuted at No. 2 on Billboard's 200 albums and R&B/Hip-Hop albums charts last week, ditches his radio-ready sound for a more artistic approach. He calls the album "a lot more aggressive."

"It has so much to do with the energy and pace and perspective I have on the world now. I think being a little more sturdy as a human being, I guess I'm more sure of myself, and I think that confidence affords or informs a certain decisiveness," he said.

Miguel says he didn't want to completely alienate his radio fans with his changing sound, so he released the groovy Coffee as the album's first single.

"It was kind of the perfect wedge to crack open the door as we move forward," he said. "I'd be lying if I said I didn't want my songs to go No. 1 pop. I think any artist who pretends they don't want that is in denial.... I want to reach more people, but I want to do it my way."

The album also features collaborations with Lenny Kravitz and Kurupt, and the song Leaves samples the Smashing Pumpkins' 1979.

"We're all standing on the shoulders of giants. There's nothing that hasn't been done.... There's going to be moments where you do things that are reminiscent of other things. And even if you're not aware of them, I think it's just best out of respect to reach out," he says. THE ASSOCIATED PRESS

FUTURE PLANS

New work on the horizon

Miguel will launch a North American tour later this month. He has written songs for Beyoncé, John Legend and Usher, and he says he wants to continue to collaborate in that way. "I have a goal of writing a hit song for at least one artist a year now," he said.

INTERVIEW

Jake Miller just wants to have fun

Jake Miller is known as the sensitive rapper. This is, after all, a guy whose first song that garnered major radio play (A Million Lives) is constructed of lyrics lifted straight from his fan mail, about how his music comforted a fan with cancer and helped another deal with her brother's death.

But the 22-year-old, whose new EP Rumours came out earlier this month, has recently switched gears putting out a new single, Dazed and Confused, which is essentially just an old-fashioned summer party song. "I've always been about putting out music with a message behind it, but I also want to make people dance," Miller tells us.

On his song Drunk in Love

The song is about a guy who is either in love or, well, just really drunk. "How do you know if you're in love? That's a great question," Miller says. "I think if you look at the person you're with and you see someone you can spend the rest of your life, you're best friends with and want to spend every second with, then you're probably in love."

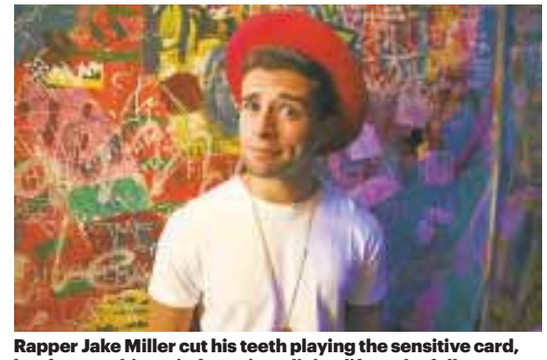
On bonding on the road

Miller has spent roughly six years in the spotlight and says his best friends are people he works with, like his drummer, tour manager, DJ and videographers. "I feel like I've known them longer than my childhood friends because we travel every single day together (on tour)," he says.

On going back to basics

While Miller is all for focusing on fun right now, he has every intention of going back to getting deeper when the tour is over and he heads back in the studio. "You always have to grow as an artist and nothing has stopped with the whole story-telling stuff that I used to do," he says. "I'm going to write about whatever I'm experiencing at that time in my life. My music is always going to be about me."

EMILY LAURENCE/METRO IN NEW YORK CITY



Rapper Jake Miller cut his teeth playing the sensitive card, but for now, his main focus is on living life to the fullest as a 22-year-old. CHRISTOPHER POLK /GETTY IMAGES FOR MTV

Centsless behaviour: Rapper goes bankrupt

50 Cent filed for bankruptcy protection Monday.
ALL PHOTOS GETTY IMAGES/THE ASSOCIATED PRESS

GONE BROKE

50 Cent files for bankruptcy, owes millions in consumer debt

Looks like there will be a lot fewer visits to the candy shop for 50 Cent. The P.I.M.P. rapper, whose real name is Curtis Jackson III, filed for chapter 11 bankruptcy protection Monday.

The filing reported that Fiddy is swamped by debts ranging from $10 million to $50 million, and it can only be assumed that at least $5 million of that is related to his recent explicit-video lawsuit, in which a jury reportedly ordered him to fork over that much to a Florida woman who claims he humiliated her by posting a video she made with her boyfriend.

In happier news, he celebrated his birthday last week with a lavish bash at Harrah's in Atlantic City. Here's to hoping he did, in fact, party like it was his birthday, because there's not a lot more for him to celebrate these days.

NED EHRBAR/METRO IN HOLLYWOOD

BACKGROUND

Beyond the Candy Shop

50 Cent has successfully built an empire beyond entertainment. He invested early in Vitamin Water and has expanded his business interests into clothing and audio equipment.

Now 40, he also was named by Forbes last year as one of Hip-Hop's Five Wealthiest Artists. The rapper bought his 17-acre home in Connecticut from boxer Mike Tyson in 2003 for $4.1 million.

THE ASSOCIATED PRESS

GOSSIP NOTES

Bieber butts out

Justin Bieber had a change of heart about flashing all of y'all. Five days after posting an Instagram of his bare tuchus that launched some pretty brilliant memes, Bieber deleted the photo and posted an apology:

"Hey I deleted the photo of my butt on Instagram not because I thought it was bad but someone close to me's daughter follows me and she was embarrassed that she saw my butt and I totally wasn't thinking in that aspect."

NED EHRBAR

Radcliffe gets cheeky, too

Speaking of butts! First of all, there's an annual award in the U.K. celebrating the best in British butts that's been going on for nearly 40 years. This year's winner? None other than Harry Potter star Daniel Radcliffe, who's no stranger to baring his derriere on stage and in film since graduating from the kid-friendly wizarding franchise. "I've been campaigning for years," Radcliffe admitted to E! News at Comic-Con. "If you don't do it here in America, maybe my award counts kind of globally." Hehe, globally. NED EHRBAR

CULTURAL APPROPRIATION

Let the feuds begin!

I love the smell of teenage celebrity Instagram feuds in the morning. It smells like the future.

So, in answer to the question we ask with surprisingly regularity — what did Kylie Jenner do this time? — this week it turns out it's "Got cornrows." And another teenage famous-ish person — Amandla Stenberg, best known for dying tragically in the first Hunger Games movie — was not having it. Stenberg left this piquant comment on Jenner's Instagram post:

"When you appropriate black features and culture but fail to use your position of power to help black Americans by directing attention towards your wigs instead of police brutality or racism," followed by the hashtag "white girls do it better." Ouch. The dig was enough to earn a response minutes later from Jenner: "Mad if I don't, mad if I do," she posted. "Go hang with Jaden or something."

I can understand why time spent with Jaden Smith would be considered punishment.

NED EHRBAR

COOL MOM

Kate waives R-rating

Kate Hudson made her name in Cameron Crowe's raunchy '70s rock memoir, Almost Famous, playing a career groupie who nearly dies from a drug overdose. And she's really proud of it. How proud? So proud that she couldn't wait to show her son, Ryder, the movie, even though he's still only 11 years old.

"Ryder's like, 'Please, mom, can I watch Almost Famous?' And I was like, 'You know what? Yeah. You can watch it,'" she admits, despite the film's R-rating.

"To watch him experience the movie and fall in love with the movie 15 years later just says everything about Cameron's work," said Hudson.

Plus? "I got to be cool for, like, a week."

NED EHRBAR

It's Time to Check Out
Robertson College.
ROBERTSON COLLEGE
At Robertson College, our goal is to help each of our students find success. That is why we take the time to get to know each of our students and help them find a career path that they can be passionate about.
Call 204.926.8389 or visit robertsoncollege.com to get started!

The Force is still strong

Daisy Ridley as Rey, left, and John Boyega as Finn in Star Wars: The Force Awakens. The movie releases on Dec. 18. FILM FRAME/DISNEY/LUCASFILM/THE ASSOCIATED PRESS

COMIC-CON

Harrison Ford, J.J. Abrams talk revisiting galaxy far, far away

The cast and filmmakers of Star Wars: The Force Awakens debuted a new behind-the-scenes reel and teased some new information at Comic-Con about the highly secretive film to a rapturous audience.

Filmmaker J.J. Abrams and Lucasfilm president Kathleen Kennedy were joined on stage Friday by Star Wars veterans and Force Awakens stars Harrison Ford, Mark Hamill and Carrie Fisher.

Ford, making his first public appearance since his plane crash in March left him hospitalized and injured, assured the audience and host Chris Hardwick that he was fine. The already excitable crowd exploded when Ford, the last to be introduced, walked out.

Seated next to Hamill, the gruff Ford was not hesitant to talk about his reluctance to revisit the world of Star Wars and the character of Han Solo.

"It should have felt ridiculous, it was 30 years ago," Ford said. "I sort of grew up."

He never thought that he'd do another film after the original trilogy.

"I was very gratified when I read the script because I read something that I thought was really remarkable, really well-written and with some very intriguing developments," Ford said. "I was delighted to be involved and I was very happy to be part of the story and the cast again."

The Force Awakens, which hits theatres on Dec. 18, picks up about 30 years after the events of Return of the Jedi.

Before fans were treated to the Star Wars veterans, they were introduced to the newcomers on the light side of the Force and, for the first time, those on the dark side.

Adam Driver, Gwendoline Christie and Domhnall Gleeson were on hand representing the bad guys. As the mysterious three-pronged lightsaber-wielding Kylo Ren, Driver tried to skirt any questions about his character.

When pressed, he talked vaguely about the philosophy of evil.

"We didn't really have a lot of conversations about bad or evil when we were shooting it," said Driver. "It was more the difference between being bad and being right."

Gleeson, whose character's name was revealed to be General Hux, didn't hesitate to say that he was evil. While talking about getting the role, Gleeson accidentally "spoiled" the name of his command station, much to the dismay of Abrams.

It's Starkiller Base.

Christie, who plays the chrome stormtrooper Captain Phasma, talked about how neat it was to be playing a character in full costume who is "not about the way she looks in the flesh."

Representing the light side of the force were Daisy Ridley, John Boyega and Oscar Isaac, who had spoken previously about their roles at the annual Star Wars Celebration event in Anaheim, Calif.

Though not much else was gleaned about Ridley's scavenger Rey, Boyega's stormtrooper Finn or Isaac's X-Wing pilot Poe Dameron, all offered anecdotes about their time on set.

To prepare for his role, Isaac asked Ford for some advice about piloting in Star Wars.

Ford just said, "It's fake."

There was no new footage to be seen. Abrams is currently editing the film and has a cut, but wants to keep tweaking to make it the film "it wants to be." He also said another trailer will come out in the fall.

But Abrams did debut a behind-the-scenes reel that was made available online shortly after the panel concluded.

In addition to interviews with Hamill, Ridley and others, it focused on the practical effects used in the film — a recurring theme in all of Abrams' comments about the film, which hopes to recreate the esthetic of the original trilogy.

"Everything's changed, but nothing's changed," said Hamill in the clip.

"That's the way you want it to be."

Not to be outdone, Abrams and Kennedy announced that there was one more surprise: An imminent Star Wars concert at an adjacent stage.

All 6,500 Hall H attendees were invited.

And their escorts?

Stormtroopers, of course.

THE ASSOCIATED PRESS

Director J.J. Abrams and more than 6,000 fans saw a surprise Star Wars Fan Concert performed by the San Diego Symphony, featuring the classic music of composer John Williams. MICHAEL BUCKNER/GETTY IMAGES FOR DISNEY

TARANTINO'S HABERDASHERY

Cast of new Tarantino film talk S. Carolina Confederate flag controversy

Quentin Tarantino's latest film, The Hateful Eight, takes place a few years after the end of the Civil War — and cast members had the Confederate flag on their minds.

Comic-Con audiences were introduced to the film's motley crew of eccentrics Saturday in classic Tarantino fashion, with edgy banter and memorable nicknames, like The Hangman, The Confederate and The Mexican. Set in a Wyoming haberdashery, this explosive group of bounty hunters, lawmen, outlaws and veterans — played by the likes of Kurt Russell, Tim Roth and Walton Goggins — take shelter from a blizzard and try (poorly) to keep the peace.

Roth and Goggins found the film incredibly timely, even before South Carolina removed the Confederate flag from its state house on Friday.

"Ferguson had just happened when we were rehearsing ... It seems very pertinent, oddly enough," Roth said. "And even more so now with what's happening in Charleston." The British actor said that while he's "not a big flag person," he was "very glad to see that thing come down."

A scene from The Hateful Eight. THE ASSOCIATED PRESS

Goggins spent the last few months in South Carolina. "To be there, and to have witnessed the pain of that city coming off doing this movie, is extraordinary," he said.

"And if there's any person to bring this topic (of race and justice) back to the young people in this country, Tarantino is the one to do it."

THE ASSOCIATED PRESS

LEARNING CURVE

Reap the benefits of exercising outdoors

SHUTTERSTOCK

Summer is the perfect time to step out of the gym and enjoy the great outdoors for a natural boost of energy and happiness — all while keeping up that fitness routine you use to break up those study sessions during the school year.

Whether trail running, practising yoga in the park or building brawn at boot camp, there's plenty to be gained by hitting the refresh button on your fitness routine and getting outside.

Daniela Nahas, co-founder of the Best Body Boot Camp in Toronto, says that throughout her seven years operating the business she has seen every type of client, from extremely fit to highly sedentary.

"And they've all been able to cope with an outdoor workout," she says.

"Nothing beats getting a good sweat in a park where you are surrounded by nature and feeling the sun on your skin. It's an amazing way to set your day on the right track or de-stress from it."

A new fitness backdrop can take some getting used to, but you'll be happy you did, as the health benefits are good for the body and the mind.

"Research also shows that those who are active outdoors are more likely to stick with it and have decreased stress and anxiety," says Allana LeBlanc, knowledge manager at ParticipAction.

"Being outdoors can also help increase your creativity."

Vitamin D from the sun also helps strengthen the immune system and boosts mood.

Even a light walk has been shown to improve self-esteem, decrease tension, while increasing energy, calm and revitalization.

For those hesitant to switch exercise gears, consider the reasons behind it.

Perhaps it's the preparation involved, unpredictable weather, or the fear of stepping out of a comfort zone. Whatever is stopping you, it's worth trying to override, insists LeBlanc.

"The thing that makes people the most reluctant seems to be issues with the weather," she says. "As long as you're prepared, a run outside on a fair weather day can be more fun than a bright sunny day. Fewer people, more freedom — you just have to give it a go and then you'll realize that weather is not, or should not, be a limiting factor in getting active.

Equipped with built-in challenges — from hills, various gradients, concrete, grass, sand and even mud — the mix of terrain helps push the body and stave off boredom. — *Tanya Enberg*

SHUTTERSTOCK

CDI provides dental assistant training

Not every career allows you to see the confident, bright smile you put on your client's face. CDI College's intra oral dental assistant program — one of four training institutions in Manitoba approved by the Manitoba Dental Assistants Association (MDAA) — provides consistent, world-class education that gives students the hands-on training and precision they need to excel in their career.

In hopes of entering the oral health-care industry, now-graduate Madelle Villanueva enrolled in CDI College's 45-week intra oral dental assistant program because it provided the technical training she needed to succeed in this field. It also allowed her to develop her skills through alternate methods such as hands-on practice in the school's labs, as well as clinical placements. "The practicum experience was very important to me because it helped me experience work in the dental field," says Villanueva.

With more than 300 hours of real-world experience, students will gain knowledge working with actual patients in consulting hygiene practices, developing X-rays, and more. "CDI College helped me with my career goals by providing me with more information on becoming a hygienist in the future. I would recommend this program to other people looking to start a career in my field," says graduate Nikki N.

For more information on the intra oral dental assistant program, visit the website: study.cdicollege.ca or call 1-800-360-7186.

ASK ABOUT OUR EVENING CLASSES!
DENTAL ASSISTANTS IN MANITOBA EARN A MEDIAN WAGE OF $20/HR*!
Train for a rewarding career in oral healthcare! Apply today and you can earn your Intra Oral Dental Assistant diploma in less than a year.
CDI COLLEGE ALSO OFFERS PROGRAMS IN:
• Accounting & Payroll Administrator
• Addictions & Community Services Worker
• Health Care Aide
• Legal Administrative Assistant
• Medical Office Assistant
• Network Administrator
• Network & Database Administrator
• Network & Internet Security Specialist
• And More!
Financial assistance may be available to qualified applicants.
*jobbank.gc.ca
1.800.360.7186
STUDY.CDICOLLEGE.CA
CALL TO MAKE AN APPOINTMENT AT OUR WINNIPEG CAMPUS TODAY
CDI college

Certificate program for an in-demand industry

Distribution sector sees substantial growth

The brand new distribution technician certificate program, offered through Red River College, is intended to prepare students for a career in the fast-paced, ever-evolving, and highly in-demand distribution sector of the supply chain industry.

"By taking our program, students will be fully prepared to step into a variety of entry and intermediate level roles in the warehousing and distribution sector," says Sam Levy, program manager, industry and transportation, school of continuing education, RRC.

In this 15-week program, students will learn: How to handle inventory and utilize distribution systems and processes; how to interpret and complete a variety of industry specific documentation; how to use a variety of tools, equipment, and technology specific to the field; health and safety procedures in a supply chain environment; and security practices that are integral to the distribution environment.

"Upon completing this program they will gain the essential skills, knowledge, and experience needed to start a career in the field," says Levy.

There are two primary target markets for the distribution technician program.

The first group are those who are totally new to the field.

"This includes recent high school graduates, as well as those who are looking for a change in career path," says Levy.

"The distribution industry is appealing to this group because it has a relatively low barrier to entry, and offers a stable career with decent remuneration."

The second group is comprised of people currently working in the industry who lack the academic credentials or training necessary for advancement within the field.

CONTRIBUTED

This program will provide this group with the skills necessary to take on a role with greater responsibility in the profession.

"Students who complete this certificate program will have a significant advantage over those who have traditionally applied into warehousing and related positions, as training for this position is not available anywhere else in Manitoba."

Levy says the inclusion of a practicum will be a significant draw for potential students, as the opportunity for hands-on experience will position them well for employment.

For more information about this program, visit rrc.ca/dtn.

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION
NEW!
Distribution Technician
Certificate
Gain the essential skills to pursue a career in the warehousing sector.
Learn how to use distribution systems, equipment, security, and health and safety processes through in-class and practical experiences. Enhance your personal and professional skills for career success and advancement in the supply chain industry.
Start in January 2016; be career-ready in 15 weeks.
For more information:
204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/dtn

Campus expanding for new programming

SHUTTERSTOCK

This September, Manitoba Institute of Trades and Technology (MITT) is putting on a new face for its students.

MITT is undergoing new construction for the start of September 2015 and the walls are coming down due to new and expanding programming.

"Due to the growth of the current and new programs it was timely that MITT under take reconstruction to enhance the student experience," says Chet Mohabir, director, facilities management, infrastructure and capital planning, MITT.

"Ensuring a livable design that is age-appropriate and the ability to evolve with changing technology and teaching methodology."

Old space is becoming new along with a 13,500-square-foot redevelopment at its newest location along Fultz Boulevard was acquired earlier this year.

All this expansion means that three buildings will now hold the MITT brand located just off the corner of Kenaston and Scurfield boulevards.

With MITT's new mandate to become both a college and a high school, the institute's facilities department had to breathe new life into existing space and reconstruct its new facility located at 14 Fultz Blvd.

Henlow Campus has seen the creation of a high school within the walls of its college.

Four large academic classrooms with an average of 1,500 square feet each have been carved out of existing space.

These classrooms will be able to accommodate up to 40 students or more at one time.

"The features ensure an abundance of natural light penetrating the spaces, is mentally stimulating due to the paint colour pallet used with soft lighting," says Mohabir.

"The rooms are acoustically conducive for quiet learning with appropriate air changes and connect to the exterior environment holistically."

Some of the institute's college programs will change locations including the technical drafting program that will relocate to Henlow Campus from its current home at Fultz Campus.

The graphic and print technician program will be leaving Henlow Campus for the 7 Fultz Blvd. location.

This move is to provide a larger space of more than 7,000 square feet needed to accommodate its new, large-scale printing equipment.

For further information on MITT programs, including the new MITT High School, visit MITT.ca or call 204-989-6500.

THE WORK SCHOOL

CARPENTRY | NETWORK &COMPUTER TECHNOLOGY | MOTOSPORT TECHNICIAN | BUSINESS ADMINISTRATIVE ASSISTANT

PROGRAMS FOR POST-SECONDARY & SECONDARY STUDENTS

REGISTER NOW FOR FALL 2015 PROGRAMS

Want to discover more about opportunities at the Manitoba Institute of Trades and Technology?

Schedule a Campus Tour and explore MITT.

For more information, visit **MITT.ca** or call us at **204.989.6500.**

MANITOBA INSTITUTE OF
TRADES AND TECHNOLOGY

NORTHWEST OPENS DOORS TO CAREERS IN LAW ENFORCEMENT

School has excellent reputation for grads

Careers in law enforcement are exciting and constantly evolving and Winnipeg-based Northwest Law Enforcement Academy has an excellent reputation for having graduated hundreds of suitable candidates for this field.

Individuals that are mature, have developed life skills, are active volunteers in their community with post-secondary educations — like the education offered by Northwest — are typically the candidates selected by various law enforcement organizations.

"The ideal candidate should be fit, emotionally stable, intelligent and be able to make good decisions as well as work with an increasingly diverse public," says Victor Popow, chief executive officer, Northwest Law Enforcement Academy.

"The future is very bright in this sector as many of the older baby boomers are retiring and that's opening up tremendous opportunities for young people who are motivated and seriously minded."

For those interested in careers in this field, Northwest offers small class sizes (limited to 25 people), with practical training provided by the instructors who are all retired former law enforcement officers from the RCMP, Winnipeg, Corrections and Canadian Border Services.

"This fact alone gives the Academy high credibility along with its established relationships locally and across Canada," says Popow.

"Northwest takes its commitment to providing students the best opportunities to develop their talents as leaders, communicators and thinkers."

The law, protection and safety diploma course is 645 hours in length, and has been designed for those looking to be employed in law enforcement.

The 39-hour emergency services communicator certificate program is for those looking to be employed as a 911 operator, police, fire, security or emergency medical services communicators.

Northwest also delivers customized programs to organizations and individuals.

"Most people have no knowledge of what the career entails, by the end of the diploma program, based upon what they have learned and the guest speakers from different organizations, they may even find they want to serve another function or go into another related area," says Popow.

Northwest graduates have gone on to careers in the RCMP, Winnipeg, Brandon, Calgary and First Nations Police, Federal and Provincial Corrections, Canadian Border Services, Sheriff's Dept., Canadian Military Police, and various other security related careers and organizations.

For more information, call toll free 1-866-953-8300, or visit northwestlaw.ca.

Northwest Student Ryenel Aguilar engaged in a forensics exercise at the academy. CONTRIBUTED

Hit the pavement on the cheap

SHUTTERSTOCK

It's mid-July and summer is creeping by a little faster than you anticipated. Soon you'll be packing and prepping for the school year ahead. You'd like to make it a summer to remember with some time off to travel, but a plane ticket is out of reach when you're scraping the pennies together for tuition. Why not make it a long-weekend road trip with friends? It's more affordable and doesn't require booking off too many of those much-needed shifts at work. Here's how to keep your costs down, allowing for more time spent with friends, rather than checking your bank balance.

Plan your route. A GPS can be a great help on the road and can quickly redirect you when faced with unexpected delays due to traffic or roadwork. But before you leave home, it's still a good idea to plan your route, divvying up the journey into bite-sized driving segments.

Make your car road-ready. Check the inflation pressure of your tires, replace clogged air filters and make sure your wheels are aligned. Why? It will save you cash. Driving on properly inflated tires alone can carve off up to three cents per litre for gas and ensure your tires last longer and perform better, according to Irene Agassi, public relations manager for Michelin North America (Canada) Inc.

Sniff out the best price for gas. Download the app at gasbuddy.com. It uses GPS technology to suss out the cheapest prices near your location. Just open up the app on your smartphone and tap, 'Find gas near me.'

Nosh for next to nothin'. Packing a cooler (you can buy one that plugs into your car or opt for the traditional ice-cooled kind) can save you dough on the road. Stock it with drinks, sandwiches and perhaps a few treats. Pre-frozen juice boxes will have the dual effect of keeping everything else cold and ensuring you have chilled drinks for later in the day.

— Camilla Cornell

A SOLID FOUNDATION FOR A NEW CAREER IN HR

CONTRIBUTED

Kate Hudson enrolled in the University of Winnipeg's Professional, Applied and Continuing Education (PACE) human resources development program to begin exploring the field of human resources.

"I picked PACE because I was very interested in the field of human resources," says Hudson.

"I figured if I took the nine-month accelerated program I would get a real feel for what human resources was all about — turns out I loved it."

Prior to PACE, Hudson worked at a local retailer right out of high school and now she is currently the recruitment manager for NYGARD International — a leading fashion company in North America that designs and markets women's fashion apparel.

Her duties include recruiting for all of the corporate offices including Winnipeg, Toronto, and New York, as well as some overseas recruitment as the needs arise.

"PACE definitely helped build a solid foundation to start my career by giving me a broad scope and educational understanding of all aspects of human resources," says Hudson.

By dabbling in a number of areas of the human resources field, Hudson was able to really hone in on the aspects of human resources that she really enjoyed.

"I really enjoyed the diverse student group work as well the variety of courses I got to study," says Hudson.

"The work practicum was also a great component — getting real world experience allowed me to apply the knowledge into hands-on work experience." For more information, visit pace.uwinnipegcourses.ca.

Hands-on skills to thrive in legal system

The legal assistant program offered through Robertson College is designed to give students embarking on a career in the legal field a solid grounding in the Canadian legal system, with emphasis on the hands-on skills required in order to be a successful legal assistant in Manitoba.

"The course prepares students for the workforce by providing them with hands-on, practical experience as well as a solid knowledge of the legal systems and environment they will be entering," says Andy Bunn, legal instructor in the legal assistant program at Robertson College.

"Perhaps most importantly, there is a valuable four-week practicum provided to allow students a foretaste of working in an actual law office."

Robertson College offers students a unique combination of instructional staff.

Students learn directly from a lawyer with some 20 years' experience in the legal profession, as well as from a legal assistant with more than 10 years' experience in the field. "This enables students to have the benefit of perspective from both areas of the legal environment," says Bunn.

"Also, it is an intensive course which makes students job-ready quickly."

Students of this program will become well-versed in legal fundamentals and terminology, as well as in all areas needed to be successful on the job.

Students will study topics such as family law, civil litigation law, corporate and commercial law, wills and estates law, and real estate law, as well as training in legal office procedures (what it's like to work in a law office).

Robertson graduates have gone on to take positions with the Manitoba Department of Justice, Legal Aid Manitoba, and various leading private law firms such as Aikins Law, and others.

Bunn says Robertson legal assistant graduates are in strong demand.

CONTRIBUTED

"We, here at Robertson College, are proud of our legal assistant program and our continuing commitment to provide the best training experience possible to students who enter our legal assistant program," says Bunn.

The program takes about 7.5 months to complete. For more information about this program, or to register, visit robertsoncollege.com.

More Business Programs
for You to Choose From.
With more in-demand business programs available at the campus and online, you have more options to choose from for kick starting your career.
Check out our full list of available programs at robertsoncollege.com and be in a great new career in less than a year.
ROBERTSON COLLEGE
204.926.8389 | robertsoncollege.com

MASSAGE SCHOOL STILL ACCEPTING STUDENTS

Just because you missed out on the applications deadline for some schools and programs, it does not mean you have to wait until next year to begin school.

For those looking to receive training in the field of massage therapy, Wellington College is still accepting applications for its August 17 start date.

"Wellington College offers you an exceptional education in massage therapy," says Tricia Neill, operations manager, admissions and workshop co-ordinator at Wellington College.

There are two options for study: a two-year full-time program and a three-year distance education option.

The distance education option allows students to complete their programs without having to sacrifice income or family commitments.

Students of both programs will be thoroughly trained in remedial massage therapy and will be qualified to work in a variety of massage-related fields.

Wellington has also implemented a three-week practicum following the completion of the program for students to gain clinical experience and be mentored under current massage therapists.

To find out if Wellington is the right place to start your journey towards a career in massage therapy, Neill recommends attending one of the information sessions held at the college.

"Wellington College suggests that all future students attend an information session at some point during their application process," says Neill.

The information session begins with a presentation, providing information about the full-time and distance education programs, required courses, a general introduction to the college and a review of the massage therapy field.

After the presentation there is a tour of the modern facility, some refreshments and a question and answer period.

Perspective students are welcome to bring guests, if they choose.

However, if you are unable to make it to any of the information sessions, you are welcome at any time during the week to visit the college for an individual tour.

CONTRIBUTED

If this is a better option, please contact the college to book a time to ensure that there is someone available to take you around the facility and answer any questions you may have.

Information sessions are held monthly and registration can be made for these sessions by calling 204-813-1023. For more information about Wellington College or how to apply, visit wellingtoncollege.com.

metro SPORTS
Your essential daily news

Dallas receiver Dez Bryant tweeted he "will not be there" without a new contract by Wednesday

Rowers and divers star on golden day for Canada

PAN AM 2015

Day 3 brings hosts more proud podium toppers

Canada's paddlers and rowers kept the medals coming on Day 3 of the Pan American Games.

Led by gold-medal performances by the men's coxless four and the women's double sculls, Canadian rowers combined to add three more medals to Canada's impressive early haul on Monday.

"It was pretty amazing. It sent goosebumps down my spine," said veteran rower Will Crothers, who could hear the vocal hometown crowd in St. Catharines, Ont., as the men's four — Crothers, Tim Schrijver of Thedford, Ont., Kai Langerfeld of Parksville, B.C., and Conlin McCabe of Brockville, Ont. — entered their final 500-metre sprint. "I started thinking, we're sitting up (starting the final sprint). I yelled to the boys, 'Who wants to sing?'

"I think that probably fired them up pretty good. I think the (stroke) rate went up."

The men finished six minutes 10.80 seconds, more than three seconds ahead of silver-medallists Cuba (6:14.30) and bronze-medallists Argentina (6:16.52). Kerry Shaffer, from Welland, Ont., and Antje Von Seydlitz of Smithers, B.C., won gold in the women's double sculls with a time of 7:13.01, just ahead of the United States (7:14.65) in second and Cuba (7:20.00) in third.

Von Seydlitz could hear the partisan crowd from halfway out on the course.

"It was unreal. It kind of brings tears to your eyes," she said. "You're so proud to be racing in your own country in front of your hometown fans."

Canadian rowers also took bronze medals in men's double sculls and women's coxless pairs.

Just down the road in Welland, Canada added four medals in kayak and canoe events.

Duo Ben Russell from Dartmouth, N.S., and Gabriel Beauchesne-Sevigny from Trois-Rivieres, Que., won gold in the C-2 1,000 metres. Canadian flag-bearer Mark Oldershaw from Burlington, Ont., raced to a silver medal in the men's C-1 1,000 metres. Michelle Russell of Fall River, N.S., won silver in K-1 500 metres — her second medal of the Pan Am Games. Veteran Adam Van Koeverden of Oakville, Ont., won bronze in the K-1 1,000 metres.

Russell and Beauchesne-Sevigny won gold with a time of 3:46.316, beating Brazil by 0.801 seconds and Cuba by 3.616 seconds.

The pair played it patient before surging into the lead over the final quarter of the race.

"We train consistently that last 250 metres," Russell said. "That's where we want to be the best in the world, so every time we get there we just go for broke, and having the crowd today was just the bonus."

Also atop a podium for Canada was Halifax's Ellie Black who won a gymnastics gold medal in the women's individual all-around final with a score of 58.150.

Meanwhile, in the men's diving three-metre synchro final, Montreal's Philippe Gagne and Francois Imbeau-Dulac of St-Lazare, Que., bagged silver with 413.37 points. THE CANADIAN PRESS

These are the Pan Am Games, that's the title that we were missing, so it's really great.

Montreal's Meaghan Benfeito and Roseline Filion from Laval, Que., won Canada's second diving gold, in women's synchronized 10-metre platform.

Canadians, from right, Will Crothers, Tim Schrijver, Kai Langerfeld and Conlin McCabe celebrate after winning gold in the men's coxless four final on Monday. PETER POWER/THE CANADIAN PRESS

Canada's Kerry Shaffer, left, and Antje Von Seydlitz after winning gold in the women's double sculls at the Royal Canadian Henley Rowing Course in St. Catharines, Ont., on Monday.
PETER POWER/THE CANADIAN PRESS

SHOOTING AND ROLLER-SKATING

Canuck Chudoba takes gold in women's trap

Amanda Chudoba of Spruce Grove, Alta., won Canada's second shooting gold with a victory in women's trap.

Chudoba edged American Kayle Browning in a shoot-off after the final round was tied at 11. "Actually, I didn't have any prep, it was all new to me," Chudoba said of preparing for the sudden-death session. "I just tried to see the target when it comes out and hit the target."

Also Monday, Toronto's Jordan Belchos won Canada's first ever Pan Am roller speedskating medal with a bronze in the men's 10,000 metres. "My mom was crying," Belchos said. "It was incredible."

GOLDEYES

Saints squander Fish bid for series victory

The Winnipeg Goldeyes have failed to win a series at home this season.

Frankly, they had failed to even string together consecutive wins at Shaw Park until this past weekend, with single-run victories on Saturday and Sunday over the league-leading St. Paul Saints (38-12).

With the Saints' dominant 10-2 win on Friday night, the Goldeyes once again failed to secure a series victory on home turf, falling 2-1 Monday night to earn St. Paul the four-game weekend split.

MONDAY At Shaw Park

2	1
SAINTS	GOLDEYES

Goldeyes starter Matt Jackson put together a solid performance, tossing seven complete innings of three-hit ball, allowing just one earned run — an Angelo Songco solo-shot in the seventh that gave the Saints a lead that would hold up.

St. Paul's Songco was actually responsible, in part, for Winnipeg's lone run. The first baseman's error sent Winnipeg baserunner Brady Wilson to third, allowing him to cash in on a Brad Boyer RBI single to tie the game in the fourth.

DARRIN BAUMING/FOR METRO

The Fish (21-28) now take a day off to regroup, beginning a four-game series at home against the Gary SouthShore RailCats on Wednesday. They will then hit the road on Sunday for eight games, first again St. Paul, then the Kansas City T-Bones.

Spieth's Slam bid talk of town

BRITISH OPEN

St. Andrews spotlight firmly on American as history beckons

There was no escaping Jordan Spieth even before he arrived Monday at St. Andrews to resume his pursuit of golf's Grand Slam.

Behind the practice range, one British television network talked to any player willing to stop. After a few gratuitous questions about the weather (cool and cloudy) and the Old Course (magnificent shape), the reporter got to the point.

What about Spieth's chances? "The odds are against him," said Soren Kjeldsen, relying entirely on history.

Spieth is only the fourth player since 1960, the year Arnold Palmer proposed the concept of the modern Grand Slam in golf, to win the first two majors of the year only to be stopped at the British Open. Palmer and Jack Nicklaus (1972) finished one shot behind. Tiger Woods was in good position in 2002 until he was blown away by the wind and rain at Muirfield and shot 81 in the third round.

Spieth only added to the hype by winning the John Deere Classic in a playoff Sunday for his fourth win of the year. He flew on a charter flight from Illinois with other players at the John Deere Classic, arriving in Scotland about 10:30 a.m. and checking into his house before coming out to the Old Course to a quiet reception.

> **He just beats you because he's better.**
>
> Geoff Ogilvy on Jordan Spieth

Spieth and his manager walked through a group of about 100 fans who camped out near the entrance to the player lounge to get his autograph. Spieth signed everything shoved his way, turned and tossing the last item to a delighted young British boy. Nick Faldo walked over to him and wished him well. A few fans congratulated him for his year, though this wasn't exactly Tigermania, or even Rorymania for that matter.

But then, Spieth is still relatively new. His short game, particularly the putter, is the envy of golf at the moment. But he doesn't have the power of Woods or Rory McIlroy, nor does he deliver the magical shots Woods once did that kept everyone talking. He just scores. And he wins. And that's what golf is all about, anyway.

"He beats you with better golf," Geoff Ogilvy said. "He doesn't beat you because he hits it further. Tiger's intimidation was that he always did something amazing. Jordan — don't get me wrong, his body of work is amazing — but he doesn't beat you with a crazy par, or a crazy chip-in from the back of the 14th at Muirfield (Village). He just beats you because he's better."

Ogilvy was asked how he would feel going into the final round two shots behind Spieth compared with going against Woods or McIlroy.

"It would be different. It shouldn't be," he said. "There's more of an intimidation factor to Rory because he's going to hit it 30 (yards) past you all day, and it appears like he's better than you. Jordan doesn't appear like he's better than you. But his body of work proves that he's better than everybody — well, maybe everybody but Rory." That now is in reach.

With his victory at the John Deere, Spieth is within range of his goal of reaching No. 1 in the world. He would have to win The Open this week to get past McIlroy, who is out with an ankle injury and no clear return date.

"What he's doing is phenomenal," Faldo said. "And he's confident ... He's seeing the right shot, he's visualizing the shot ... And he keeps churning out good shots. When you're doing that, you just jump back on the saddle and ride again. That's what he's doing."

THE ASSOCIATED PRESS

Jordan Spieth has already won the first two Majors of 2015 and is aiming to be the first golfer ever to win the first three Majors in a year. STUART FRANKLIN/GETTY IMAGES

MAJOR TRIO INTO HALL OF FAME

Major champions Mark O'Meara, David Graham and Laura Davies have joined the World Golf Hall of Fame in an induction class that included a renowned architect who built major championship courses.

Inducted posthumously was A.W. Tillinghast, the architect of fabled courses Baltusrol and Winged Foot among more than 200 others.

Mark O'Meara GETTY IMAGES

TENNIS

Williams, Djokovic owning top spots

Serena Williams has widened her lead at No. 1 in the WTA rankings with her fourth consecutive Grand Slam title at Wimbledon, now holding more than twice as many points as No. 2 Maria Sharapova.

Novak Djokovic's third championship at the All England Club allowed him to retain his healthy lead atop the ATP rankings on Monday over No. 2 Roger Federer, the man he beat in the final.

Sharapova, who lost to Williams in the semifinals, rose two spots, while last year's champion, Petra Kvitova, slid from No. 2 to No. 5 after exiting in the third round.

Serena Williams GETTY IMAGES

The men's top 10 remained unchanged, including Andy Murray at No. 3, and Rafael Nadal at No. 10.

THE ASSOCIATED PRESS

IN BRIEF

Murray donates wristband to help animal charity

Buckingham Palace says a wristband worn by tennis star Andy Murray during this year's Wimbledon and later given to the Duchess of Cornwall has fetched more than 2,000 pounds ($3,100) for an animal charity.

Camilla, the wife of Prince Charles and British royal put her memento on the online auction site, eBay, where it sold for 2,100 pounds Monday. The money raised will go directly to the Animal Care Trust. THE ASSOCIATED PRESS

Buffalo Bills coach Kromer punches and threatens boy

Buffalo Bills offensive line coach Aaron Kromer, 48, punched a boy in the face after confronting him and another boy about using his beach chairs while they fished along the shore near his Florida home, according to an arrest report released Monday.

The Walton County Sheriff's Office report says the boy told deputies that Kromer threatened to kill his family if he reported the incident. THE ASSOCIATED PRESS

NBA

New Raptor Scola outlines ambition

Luis Scola doesn't just want to win with the Toronto Raptors.

The veteran Argentine power forward was introduced as the newest free agent signing by the Raptors on Monday and he pointed to Toronto's recent on-court success as a major influence in his decision. But he doesn't want to win an NBA title on his teammates backs — he wants to contribute to a championship team.

"I wanted to find a place where I could win and be a part of the team, be important," said Scola outside the Air Canada Centre. "Hopefully chase a (championship) ring at some point down the line."

The 35-year-old from Buenos Aires had four seasons with the Houston Rockets and one with the Phoenix Suns. Although he played backup for the Pacers the past two seasons, he still played an average of 18.8 minutes per game in Indiana. Scola averaged 12.7 points and seven rebounds per game in his NBA career.

THE CANADIAN PRESS

It's Greinke vs. Keuchel in MLB's mid-season classic

MLB

Bosox, Yanks absent from AL starting lineup

Los Angeles Dodgers right-hander Zack Greinke will start for the National League in Tuesday night's All-Star Game and Houston Astros lefty Dallas Keuchel will be on the mound for the American League.

The 31-year-old Greinke is 8-2 with a big league-best 1.39 ERA and enters the game at Great American Ball Park following five straight scoreless starts over 35-2/3 innings.

"These numbers he's putting up are really, really unbelievable," NL manager Bruce Bochy said Monday.

Greinke's wife, Emily, was so excited she will be at the game even though she is about three weeks from giving birth.

"She found a way to get out here even though she probably shouldn't have," he said.

The 27-year-old Keuchel, with a distinctive long, bushy beard, is 11-4 with a 2.23 ERA. Keuchel said he told his family in advance but was cautioned not to inform the others.

Still, he worried that word might leak out.

"Even my family has loose lips," he said.

The AL will open the game with an all right-handed-hitting lineup for the first time.

AL manager Ned Yost said that Los Angeles Angels centre fielder Mike Trout will lead off, followed by Toronto third baseman Josh Donaldson, Angels first baseman Albert Pujols, Seattle designated hitter Nelson Cruz, Kansas City's Lorenzo Cain in right, Baltimore's Adam Jones in left, Royals catcher Salvador Perez, Astros second baseman Jose Altuve and Royals shortstop Alcides Escobar.

The only previous team to open with all righty batters was the NL for the first of two games in 1962.

Bochy's batting order has Pittsburgh centre fielder Andrew McCutchen leading off, followed by Cincinnati third baseman Todd Frazier, Washington right fielder Bryce Harper, Arizona first baseman Paul Goldschmidt, San Francisco catcher Buster Posey, the Chicago Cubs' Anthony Rizzo at DH, St. Louis shortstop Jhonny Peralta, the Dodgers' Joc Pederson in left and Colorado second baseman DJ LeMahieu.

Five fan-elected starters are missing the game because of injuries: Detroit first baseman Miguel Cabrera, Royals left fielder Alex Gordon, Miami second baseman Dee Gordon and right fielder Giancarlo Stanton and St. Louis left fielder Matt Holliday.

This is the first time the AL starting lineup did not have at least one player from Boston or the New York Yankees.

THE ASSOCIATED PRESS

Los Angeles Dodgers Zack Greinke, left, will alternate the pitching mound against Houston Astro Dallas Keuchel at pro baseball's 2015 All-Star Game. STEVE NESIUS/THE ASSOCIATED PRESS

TOUR DE FRANCE

Basso has cancer, quits race

Stunning the Tour de France on its first rest day, doctors diagnosed a tumour in the left testicle of two-time Giro d'Italia winner Ivan Basso on Monday, forcing him out of the showcase race.

His former rival Lance Armstrong, who survived testicular cancer that spread to his lungs and brain, immediately tweeted his support.

At age 37, Basso wasn't a contender to win the race, as the Italian was in his heyday before he was banned for doping. But his experience and pedigree — Basso finished second at the 2005 Tour and third in 2004 — meant his withdrawal was keenly felt by his team leader Alberto Contador.

On what is often an uneventful day of rest and relaxation when riders recharge their batteries before the high mountains, a visibly shaken Basso appeared with Contador at a news conference and announced that just two hours earlier, doctors diagnosed a tumour in his left testicle that had been painful since he crashed on Stage 5.

> **"I have to stop and go back to Italy.**
> Ivan Basso

Contador put his arm around Basso and vowed, his voice cracking with emotion, to do his best to win the race to honour his teammate.

Basso said he has cancer.

"I have a small cancer in the left testicle," he said. "I have to stop and go back to Italy."

But his Tinkoff-Saxo team said more tests are needed to be certain the tumour is cancerous. THE ASSOCIATED PRESS

IN BRIEF

Leicester replaces fired coach with fired coach

Experienced Italian coach Claudio Ranieri was hired as the new manager of Leicester on Monday, returning to the English Premier League eight months after being fired after a brief and disappointing spell in charge of Greece's national team.

The 63-year-old Ranieri signed a three-year deal as the replacement for Nigel Pearson, who was fired last month after falling out with Leicester's Thai owners.

THE ASSOCIATED PRESS

Canadian national team soccer players Nik Ledgerwood and Marcel de Jong look on at start of practice in Toronto, Monday. NEIL DAVIDSON/THE ASSOCIATED PRESS

CONCACAF

Canada faces elimination

Canada is hoping history and home-field advantage will help it survive a little longer in the Gold Cup. A goal or two would help as well.

The Canadian men (0-1-1) play Costa Rica (0-0-2) at BMO Field on Tuesday, essentially needing a win to advance to the knockout round of the CONCACAF championship.

"There's a sense of urgency," said Canadian captain Julian de Guzman. "We realize the situation we're in at this point. I mean (Tuesday's) game is pretty much like a final.

"This time we're at home. We'll have the support of our fans," he added.

Canada has not been beaten at BMO Field since a 2-0 loss to Peru in September 2010. The men have gone 6-0-4 there since and have won their last four games in Toronto.

But the last time they lost in Canada was to Costa Rica, 1-0 at Edmonton's Commonwealth Stadium in May 2013.

Canada is ranked 103rd in the world by FIFA while Costa Rica is No. 41.

Jamaica leads Group B with four points with Costa Rica and El Salvador on two and Canada on one.

The top two teams in each of the three groups as well the two best third-place finishers advance to the quarter-finals.

The Canadian men could win their pool. Or they could exit the tournament, as they did in 2013 when they went 0-2-1 and failed to score.

Two years later, Canada's young strike force still has to find the net.

THE CANADIAN PRESS

RECIPE Watermelon Cucumber Feta Stacks

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Perfect for a starter or salad, these fruit and vegetable stacks are a refreshing taste of summer. Serves 4.

Prep time: 10 minutes

Ingredients
- 24 rounds of cucumber
- 24 watermelon squares (2" x 2" wide, 1/2" thick)
- 2 oz crumbled feta cheese
- Chopped fresh basil or mint

Balsamic Glaze
- 1/2 cup balsamic vinegar
- 2 Tbsp maple syrup
- Garnish
- Basil or mint

Directions

1. Place 12 cucumber rounds on large serving platter. Place one watermelon square on top. Sprinkle with half the feta cheese. Repeat layers, saving a little feta for garnish.

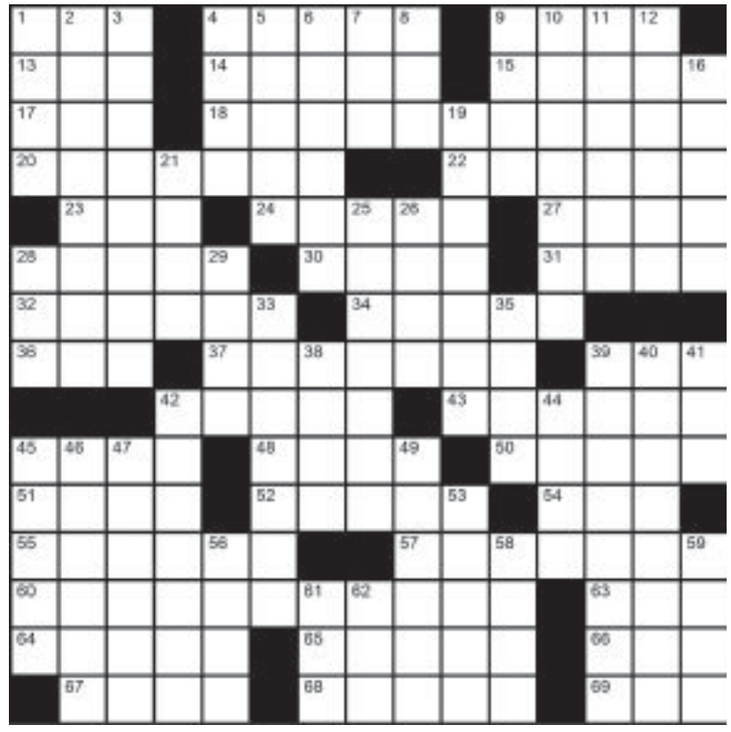
2. In a small skillet, add vinegar and maple syrup. Bring to a boil and boil for about 2 minutes, just until entire surface is bubbly. Pour into small bowl, cool slightly and drizzle over top watermelon stacks. If too thick, reheat gently. Garnish with basil or mint.

Nutrition per serving
- Calories 30
- Protein 1 g
- Carbohydrate 7 g
- Fat 1 g
- Saturated fat 0.5 g
- Cholesterol 5 mg
- Sodium 55 mg
- Fibre 0 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Antiquated
4. "The Fault in Our Stars" (2014) star Mr. Elgort
9. __-of-honour
13. Actor Jason
14. Path
15. Singer/songwriter Ms. Mann
17. __ long way (Last)
18. East Coast serving on a hot dog bun: 2 wds.
20. Human-like robot
22. Slim spots to sit on
23. "__ dreaming?" (Is this real?)
24. Ill-gotten money
27. Network of nerves
28. Scottish hillsides
30. Mr. Clapton
31. Loved __ (Cherished people)
32. Grown-ups
34. Available, as keg beer: 2 wds.
36. Coco's famous perfume, Chanel __ _
37. 8-sided shape
39. Grand money amt.
42. Partake in a lecture
43. Put new actors in roles
45. Frequently: 2 wds.
48. Get ready
50. Tom Cochrane album: 'Mad Mad __'
51. Canadian actress Ms. Dobrev
52. Exclamations of accomplishment!
54. Sing-y syllable
55. Club swinger
57. Shrivelled grapes
60. Airport contraband detectors with highly sensitive noses: 2 wds.
63. Bustle
64. Precept
65. Fashion capital in Italy
66. Not specialized [abbr.]
67. Digital displays, e.g.
68. Type of wheat
69. Unit of work

DOWN
1. 1970s gymnast Ms. Korbut
2. First name in Renaissance art
3. Electronic music artist (born in Niagara Falls) whose name ends in a number
4. Folkie Mr. Guthrie
5. Salad orderer's dressing specification: 2 wds.
6. Overpower
7. Sci-Fi beings
8. Rent
9. Ms. Winningham of "St. Elmo's Fire" (1985)
10. Helicopter delivery to the emergency below
11. Heroine in Shakespeare's play Cymbeline
12. Wipe out
16. Someone __ (Not mine)
19. Voter
21. Father of Manitoba, Louis __ (b.1844 - d.1885)
25. Uttered, as a frog
26. Finger jewellery
28. Ray-__ (Sunglasses maker)
29. Cease
33. King's wand
35. Afresh
38. Scarlett's home
39. Wedlock
40. Prince Edward __ (Atlantic Canada denizen)
41. Business name abbr.
42. Hired, as employees for the openings
44. Camping beds
45. Apprehensive feeling
46. Mr. Richie, Nicole's musician dad
47. Wired to the web
49. Prisoner's conditional release
53. Katey of "Married... with Children"
56. Tiny amphibians
58. Stevie Wonder's "__ She Lovely"
59. Tracked item on Billboard
61. Titanic's letters
62. Platter mixture for chips

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The one thing you want to avoid is the one thing you need to tackle. You cannot afford to just sit there and see what might happen. Be brave.

Taurus April 21 - May 21
Friends and relatives will do anything to assist you today, so don't pretend that everything in your life is fine and dandy, because it isn't and you need help. Even a Taurus can find themselves out of their depth once in a while.

Gemini May 22 - June 21
If you need to persuade someone to give you something today you may be successful but they may feel resentful that you put them on the spot. If possible, wait until the moon is new on Thursday.

Cancer June 22 - July 23
So many things are going right for you now that you are beginning to believe that the breakthrough you have been dreaming of is about to arrive — and it is.

Leo July 24 - Aug. 23
Your main problem at the moment seems to be that you are worrying about things that will probably never happen. Fortunately, your worries will fade later in the month. Until then, relax.

Virgo Aug. 24 - Sept. 23
According to the planets you are in tune with the spirit of the times and have found your special role in the world. At last you feel you are doing something worthwhile and making a difference. Make it a big one.

Libra Sept. 24 - Oct. 23
You prefer to avoid confrontation but the planets suggest you will find the courage to make the kind of difficult decision that you usually strive to avoid. Remember: Change is not something you should shun.

Scorpio Oct. 24 - Nov. 22
Approach the day in a positive frame of mind and you will accomplish a lot. Approach the day in a negative frame of mind and you will accomplish the same things but you won't get much joy from them.

Sagittarius Nov. 23 - Dec. 21
You may not be able to explain how you have reached a certain conclusion but you know it is right, so have the courage of your convictions and act on it immediately.

Capricorn Dec. 22 - Jan. 20
Cosmic activity in your opposite sign means you will need assistance over the next few days, and you are more likely to get it if others think they owe you something.

Aquarius Jan. 21 - Feb. 19
You must spend some time planning what you are going to do. If you don't look ahead at the steps you will have to take there is a chance you will stray off course.

Pisces
Feb. 20 - March 20
If you are in any way creative and have ambition in this area then what happens over the next few days will give you the chance to show what you can do. You're not just as good as everyone else, you're better.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		1				4		
	7			6			1	
5			3		2			8
		3				2		
	8						6	
		7				9		
3			4		6			1
	5			8			2	
		6				7		

How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a $25 gift card.

metronews.ca/panel

metro

Building a Better Future.

Your New Career is Just a Few Months Away

Are you ready for the next step in your career? It's time to check out Robertson College. At Robertson we offer many career-focused programs that will get you back into the workforce in just one year or less. With our small classes, hands-on learning and industry instructors, you will gain the skills you need to excel in your new career.

Programs in Health Care, Business & IT that will prepare you for your new career in 1 year or less.

Programs Available:

Accounting Assistant
Accounting Specialist
Administrative Professional
Business Administration
Casino / Resort / Event Coordinator
Health Care Aide
Health Unit Clerk
Legal Assistant
Logistics & Supply Chain Management
Massage Therapy
Medical Laboratory Assistant
Medical Office Assistant
Network Administrator
Nursing Assistant
Pharmacy Technician
Software & Database Developer
Travel Counsellor
Veterinary Office Assistant

ROBERTSON COLLEGE

Call **204.926.8389** or visit **robertsoncollege.com** for more information.